案／籏野次郎　絵／クニ・トシロウ　監修／東京消防庁生活安全課

新 NEW まんが 避難学入門

CARTOONS HOW TO ESCAPE FROM FIRE

Planning／Jiro Hatano
Cartoons／Toshiro Kuni
Supervision／Living Safety Section Tokyo Fire Department

本書は　一人の都民である籏野次郎さんの研究を　親しみやすくまんが化したものです　学校　町内会　事業所等での防火訓練時などに活用していただき　一人でも多くの人々に防災について考えてもらうキッカケになればと念じて発刊したものです

財団法人東京消防協会

This booklet tells by cartoons the study made by a citizen of Tokyo, Mr. Jiro Hatano, so as to make it accessible to people. We hope as many of you as possible will utilize it in such occasions as fire drills in schools community organizations and industries and make it a turning point in the consideration of disaster protection.

Tokyo Firemen's Association

財団法人東京消防協会　Tokyo Firemen's Association
財団法人市民防災研究所　S B K Research Institute

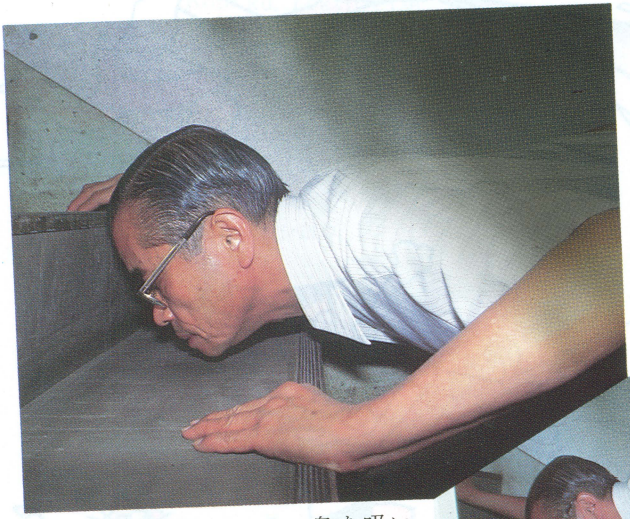
アゴを床につけるようにして
手はひじまでつき　足だけで進む

■煙を吸わないで逃げるには

The best way to escape without inhaling smoke is to keep your chin very close to the floor, put your hand and elbows on the floor and advance by means of your feet only.

■煙を吸わずに階段を避難するには

The best way to escape by stairs without inhaling smoke is to crawl down as if you were thrusting your head into the corners.



顔をつっ込むようにして息を吸い

足から先に　はい降りる

※９ページをご参照下さい
refer to page 9

■防煙フード
Protective Hood

- この写真の防煙フードの材質はナイロン等(耐熱度150°C)です
- 自分で使い方を練習しておきましょう
- かぶってからかけ足状態で3分間使用出来ます

＊ This hood is made of a film consisting of Nylon, and others. (resistive up to 150°C・302°F heat)
＊ Practice how to use it.
＊ You can run for 3 minites with your head in it.

①フードをひろげて
Unfold the hood.

②空気を充分入れます
Let air get in the bag.

③把手をしっかりと胸へ押し当てながら下へ引く
Pinch the handle and Pull down pushing it against the chest.

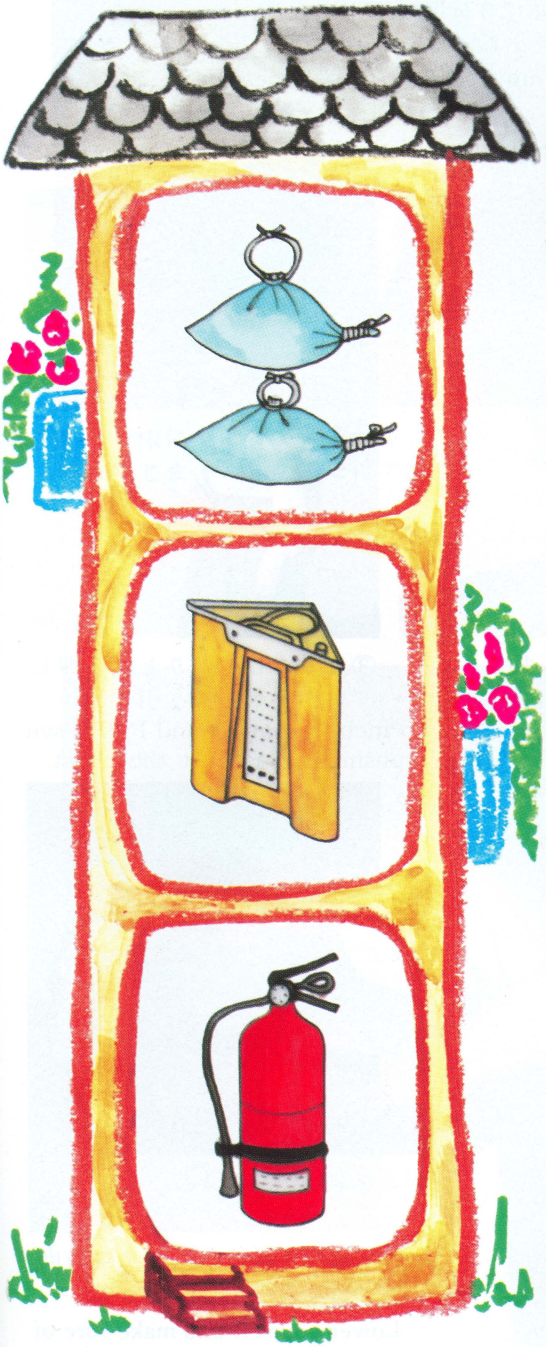
④姿勢を低くして安全な方向を確めながら
Lower yourself and make sure of the direction toward safety.

⑤階段を降りる時は　手すりや壁に手をかけた方が　より安全です
When you descend the stairs, it is safer to do so while touching the railing or wall.

※9～10ページをご参照下さい
refer to page 9 ～to 10

■各部屋に備えを

Keep water bags in every room.



各部屋に水を準備　イザ！という時に他の部屋にとりに行くのでは間に合わない　暗やみではなお更

Keep water in every room. In case emergency you have no time to go to the next room to get water. Much less chance in darkness.

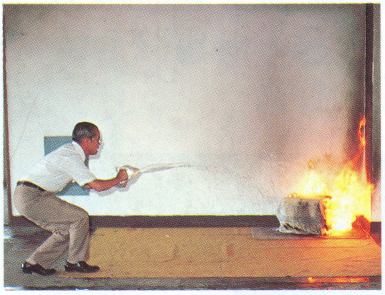
※６～８ページをご参照下さい
refer to page 6 ～to 8

■初期消火のコツ

The knack of extinguishing an incipient fire:

①姿勢を低くして（煙を吸わないように）炎のまわりにひとまきして

Lower yourself (not to inhale smoke) and apply water around the flame once.



②手前から徐々に

Then gradually move from close to you.

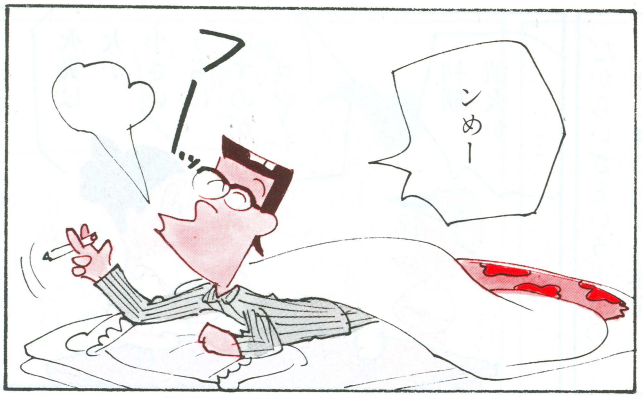
③火の中心に向って攻めて

Toward the center of the fire.

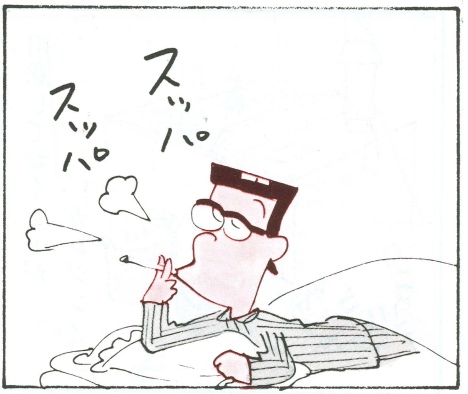
④１袋（２ℓ）～２袋（４ℓ）で消火できます

You can put out the fire with a bag (2ℓ) or two bags (4ℓ) of water.

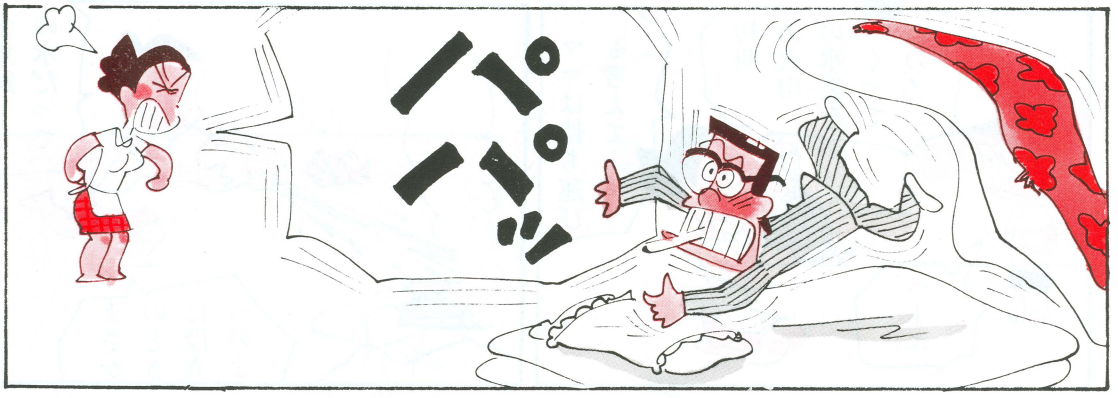
《火災篇》 IN CASE OF FIRE



Tastes good.



Puff, puff

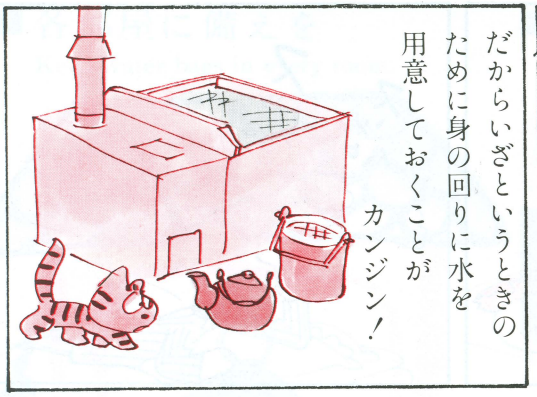


Papa

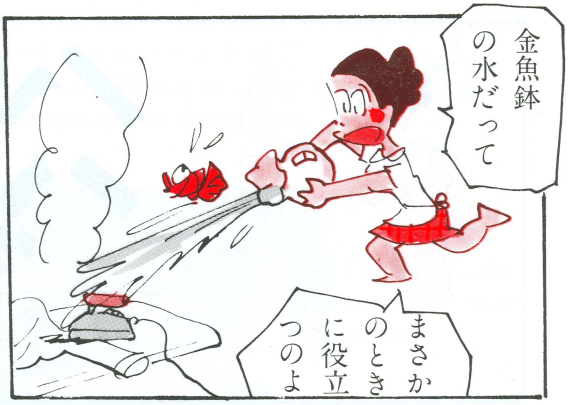
A lot of people lose their lives by smoking in bed ! Do they ?

Ha-ha. How terrible.

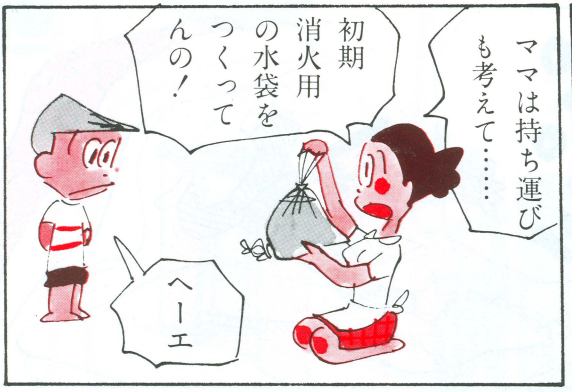
It's best to put out a fire while it is still small!
First-aid firefighting, eh?



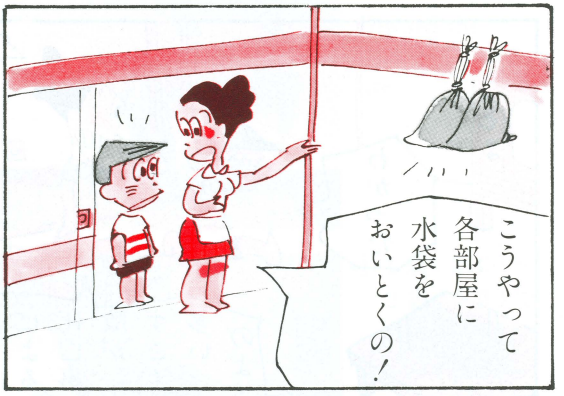
You should always keep water at hand in case of emergency!



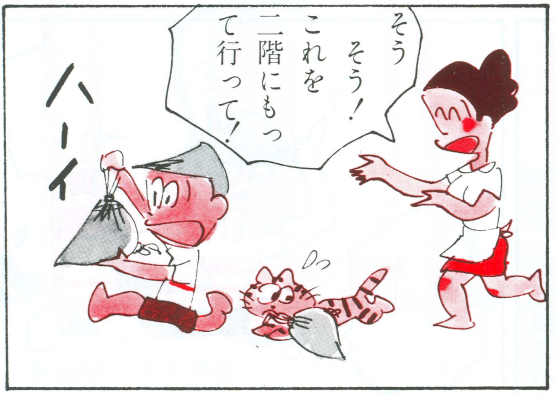
Even the water in a fish bowl will work in case of emergency.



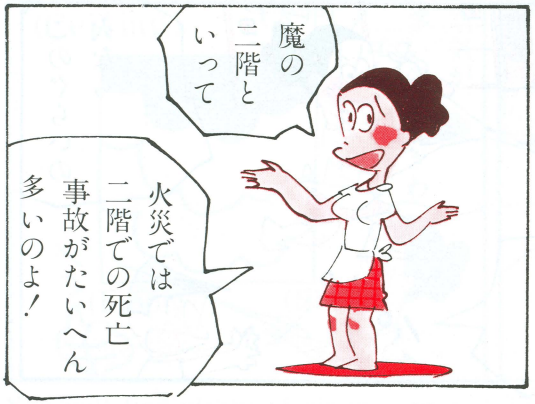
Mama made this water bag so you can carry it easily.
Really?



We keep water bags in each room like this!



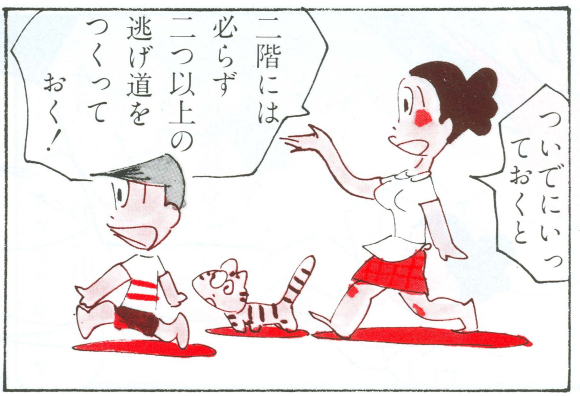
That's right. Take them upstairs.
OK.



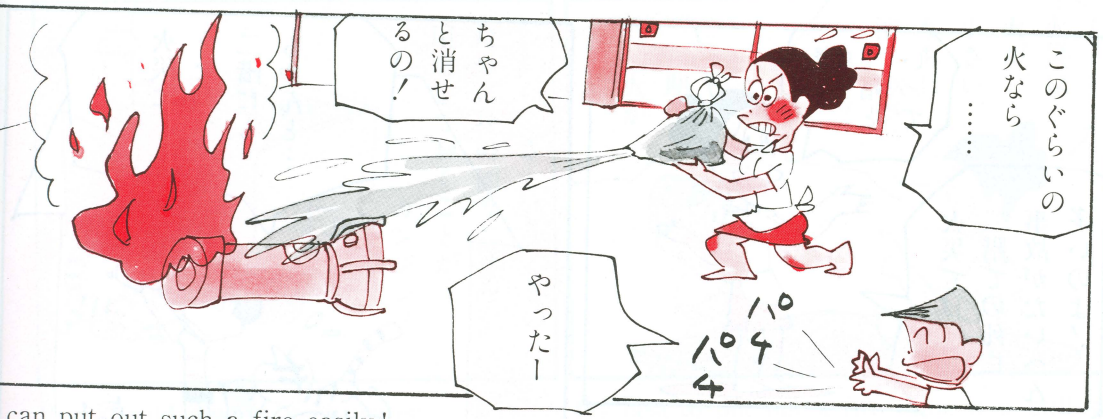
They say the 2nd floor is dangerous.
Many people die in fires on the 2nd floor!

Keep water on the 2nd floor to protect fire

If one route is cut off, use the other!

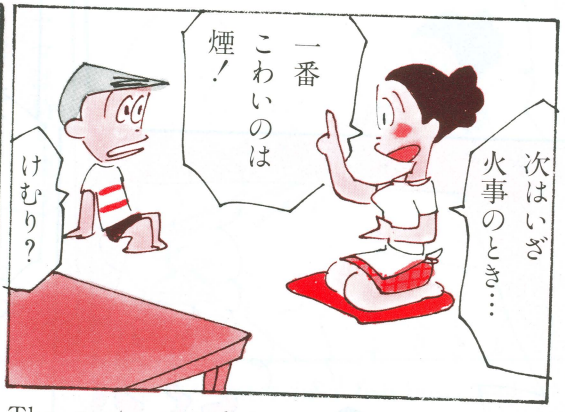


At the same time,
provide 2 or more escape routes
on the 2nd floor.

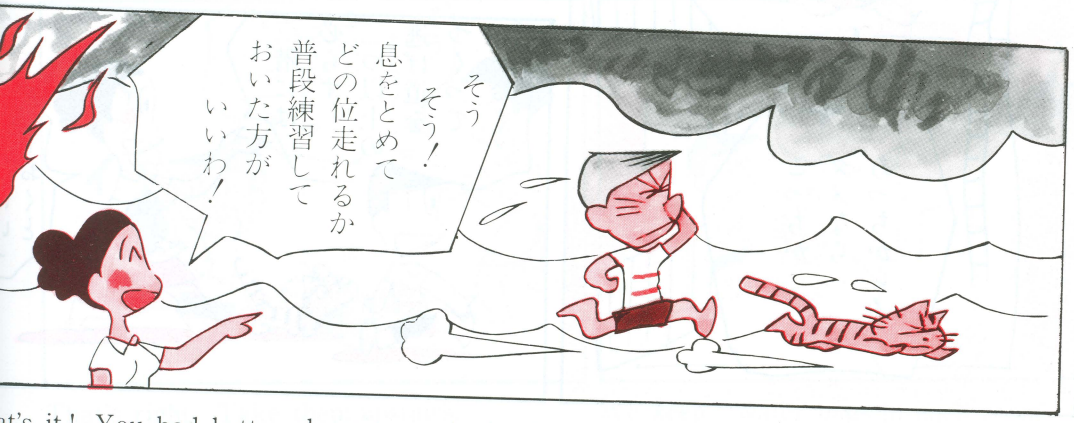


can put out such a fire easily!
ravo! Clapping

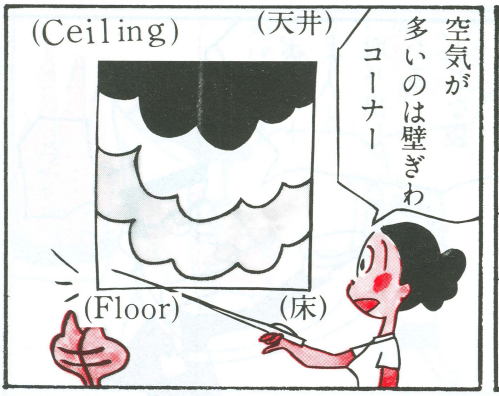
on't inhale smoke!



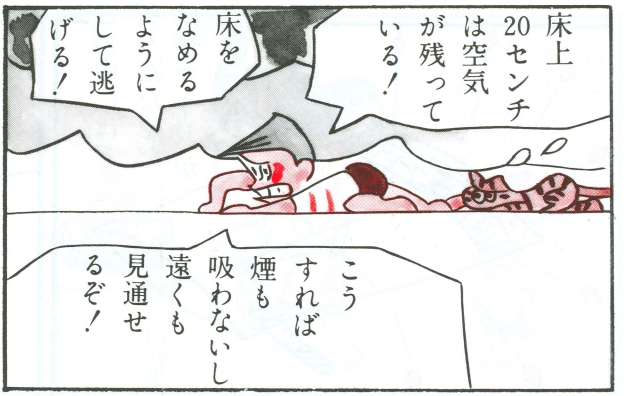
The next most dangerous thing in case of fire is smoke.
Smoke?



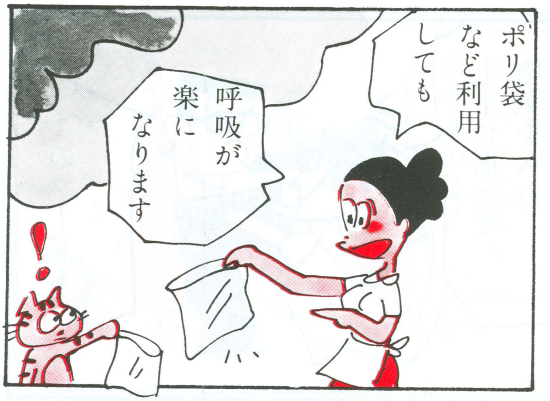
at's it! You had better always practice
see how far you can run without breathing



You will find plenty of air in corners.



There is a layer of about 20cm thick on the floor. Escape as if you were licking the floor! In this way you can avoid smoke and get an unobstructed view!



A plastic bag also helps you breathe.

When going down a smoke-filled staircase, crawl down like this.
There is air left in the corners of steps.

And put it in your wallet or somewhere.
Here you are, dear!
Thank you.

Like this! I'll beat a hasty retreat through the smoke.

Here, I have brought out a small bag.

There is a folded protictive hood in it.

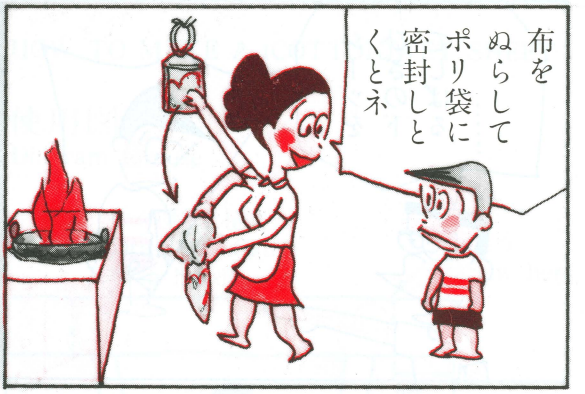
Swing the hood up and down to let air in.

Pull it around your head.

Holding the handle pull it down hard against the chest.
Pat on it to ensure its air-tightness.

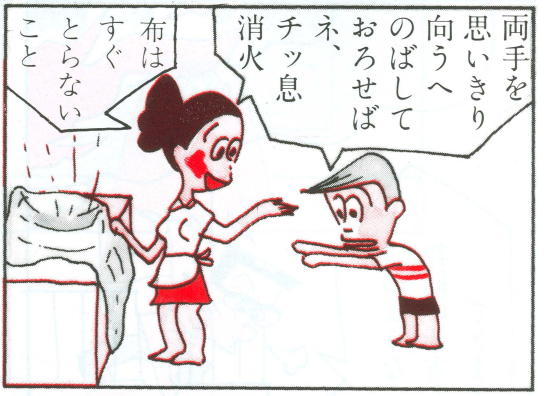
You can keep your eyes open and avoid smoke at the same time.
With it on you can run for at least 3 minutes.

In case of a fire in a frying pan, stretch a sheet wide with your hands.



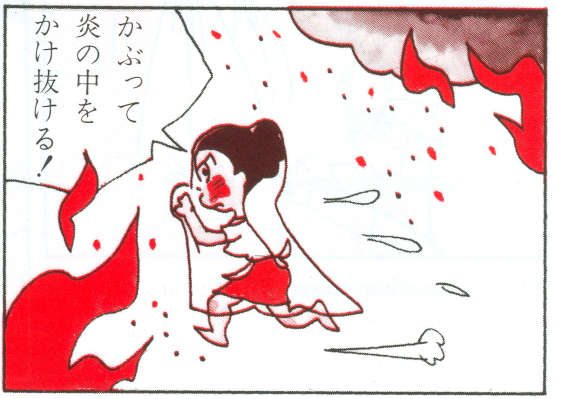
Keep wet sheets in a sealed plastic bag.

A wet sheet is also effective on a space heater fire!

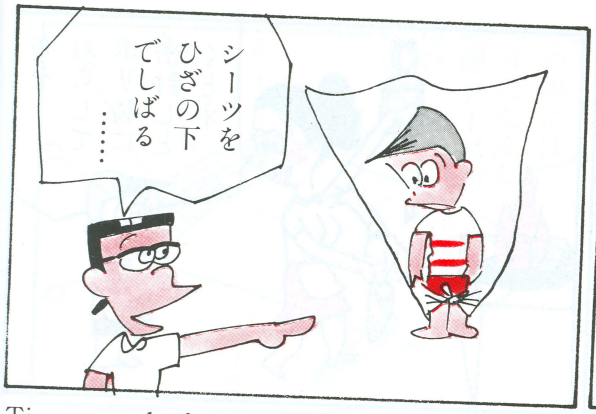


Extend both hands forward to bring it down, then the fire is suffocated, see? Don't remove it too soon.

I did well, didn't I? It's your turn, dear.



Cover yourself with a wet sheet and dash through the flams!

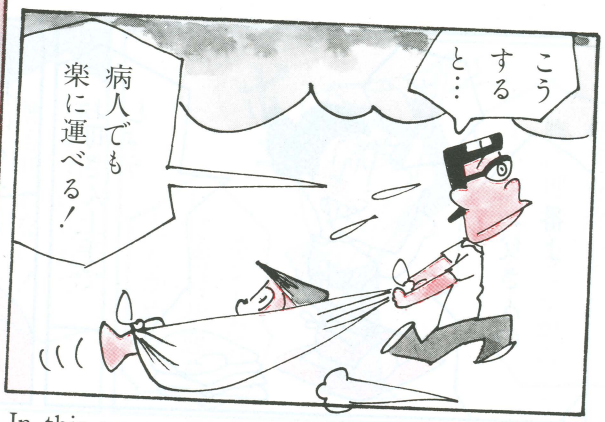


Tie one end of the sheet under your knees.

Now, here is another use of a bed sheet!

his is another means of rescue.

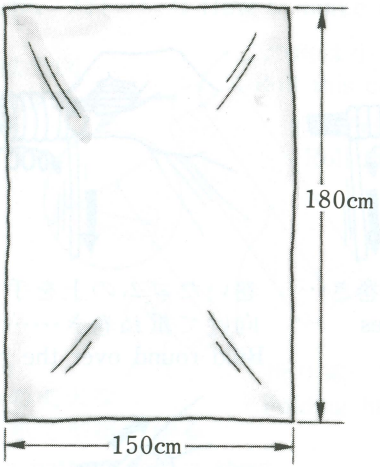
Next, tie the other end above your head.



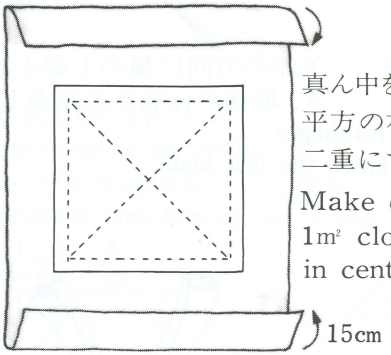
In this way you can even remove
a patient easily.

ぬれぬの（もめん）の作り方
HOW TO MAKE A (COTTON)WET SHEET

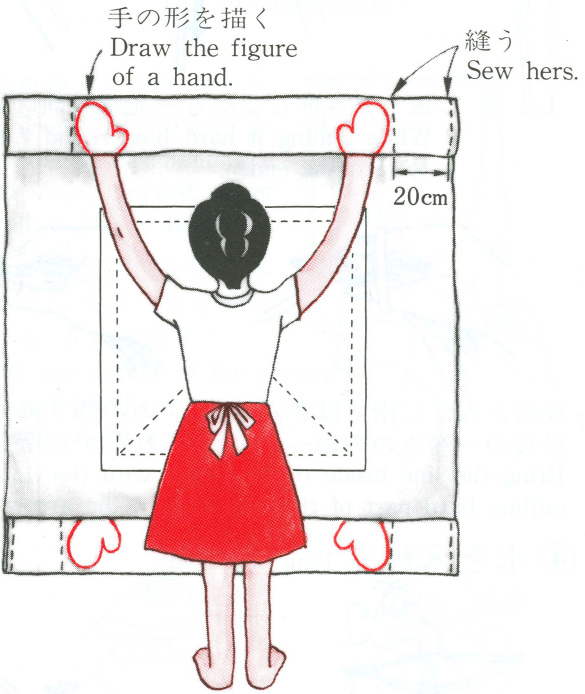
①



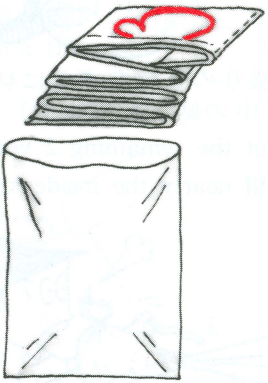
②



使用図
Diagram for use

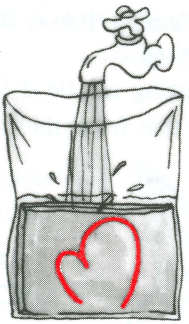


③



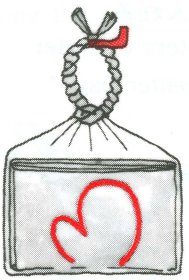
手の形の絵が見えるように
たたんでポリ袋に入れる
Fold them so that the hand
figure will show and put
them in a plastic bag.

④



石けん水をひたひたに
入れる
Pour soap water in it
just to soak them.

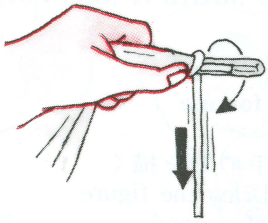
⑤

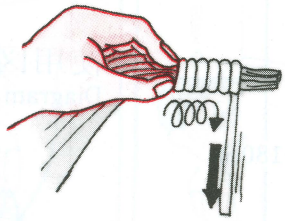


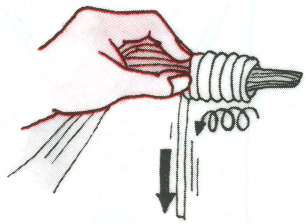
手さげを作って台所の かべに
かけておき いざという時はひ
き破って布を取り出す
Make a handle and hang it on
a kitchen wall. In case of an
emergency take them out by
ripping open the bag.

放水口のしばり方 How to tie the outlet

ぶを1つ結ぶ
Tie a knot.

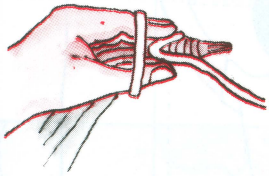


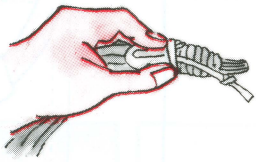


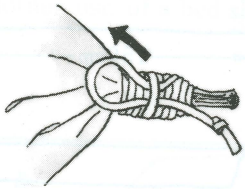


強く引き伸しながら…先端に向けて7～8巻き…
While pulling it hard, bind round 7 or 8 times toward the end.

巻いたゴムの上を手元へ向けて重ね巻き……
Bind round over the rubber





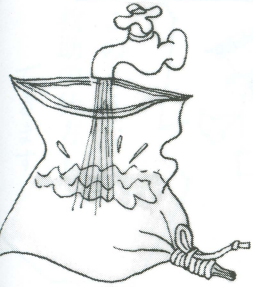


指と人さし指ではさんで
後の一巻きの内側へ……
ing the line inside the last bind with the thumb and forefinger.

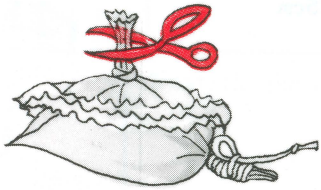
ゴムの残り部分を引き入れながら指を抜く…

矢印の方向に輪の1部を強く引き、最後の一巻きをひきしめる
lling hard part of the loop toward the arrow sign, tighten the last bind.

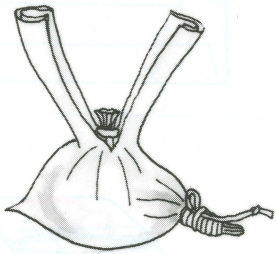
水を入れる Pour water in



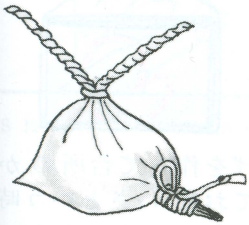
中の袋に2リットル
水を入れる
2 liters of water
he center bag.



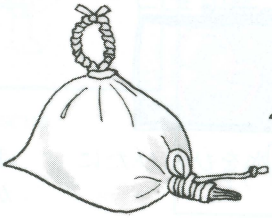
空気を抜きながら中から3枚目まで1枚づつ結ぶ
While exhausting air, tie 3 inner bags one by one from the inside.



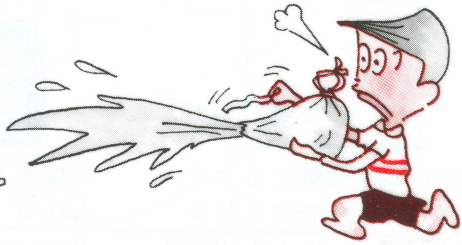
残りの2枚をタテに切り
(中の結び目位まで)
Cut the remaining 2 vertically (till nearly the inside knot).



で、ヒモ状にして
them and make ropes.

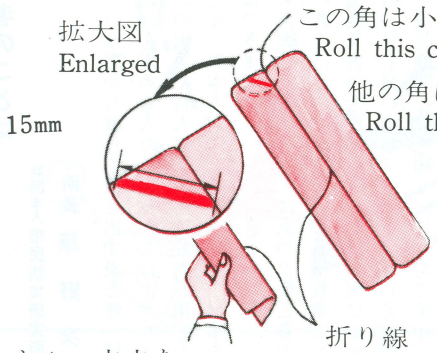


輪状のとってを作ってでき上り
Make a loop handle, and it is completed.



ゴムの結び目を持って強く引きはずし 両手で 水を押し出す
Holding the knot, pull off the rubber line and push the bag hard with both hand to shoot water.

① 型紙の作り方 How to make a paper pattern



うすめの丈夫な
ボール紙で型紙を作る
Make a pattern with a sheet of comperatively thin strong cardboard.

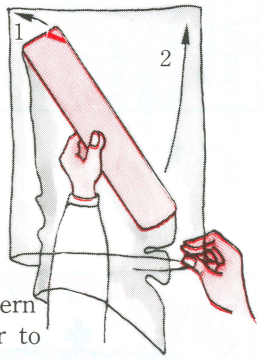
■初期消火用水袋の作り方

HOW TO MAKE A FIRE EXTINGUISHING ICE BAG

● ポリ袋30cm×45cm(厚0.03mm)
Plastic bags of 30cm×45cm (0.03mm thick)

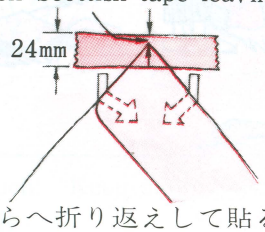
型紙を持った手を上向きにしてポリ袋をかぶせる
With the pattern-holding hand facing upward, cover it with a plastic bag.

型紙の片方の角を先に入れてからもう片方を底に合せる(5枚重ねる)
Insert one corner of the pattern first and fix the other corner to the bottom (make 5 layers)

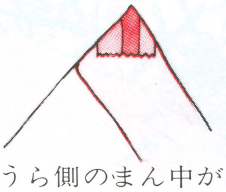


② 放水口の作り方
How to make an outlet

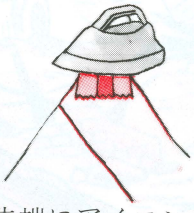
セロテープを3mmはみだしてはる
Stick Scottish tape leaving out 3 mm.



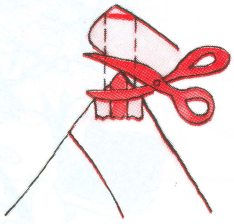
うらへ折り返えして貼る
Turn it upside down and stick the rest.



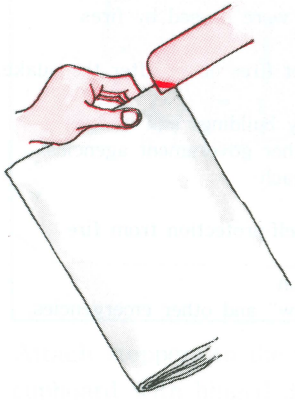
うら側のまん中が重なって貼れる
Tape is in 2 layers at the back center.



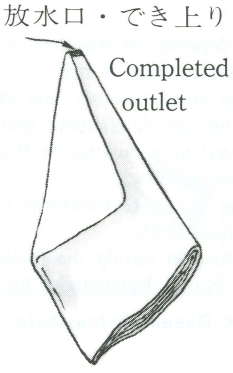
先端にアイロンをあてる
型紙をぬきとる
Iron tip and pull out pattern.



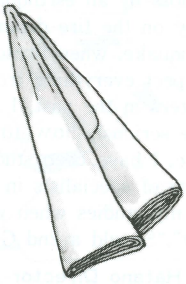
型紙の線をめやすにポリ袋の角をナナメ巾15mmに切る
Cut corner 15mm diagonally along the pattern.



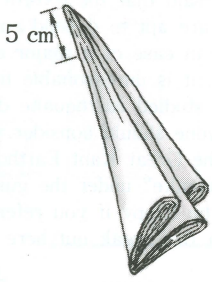
切り口を15mmに切った確認をする
Confirm that corner is cut 15mm long.



ナナメに2つ折り
Fold it twofold aslantly.



さらに2つ折り
Again twofold it.



先端から5cmを棒状にまとめてしばりやすくする
Bring together 5cm from the end like a stick for easy winding.

発案者のことば

財団法人市民防災研究所
所長　籏　野　次　郎

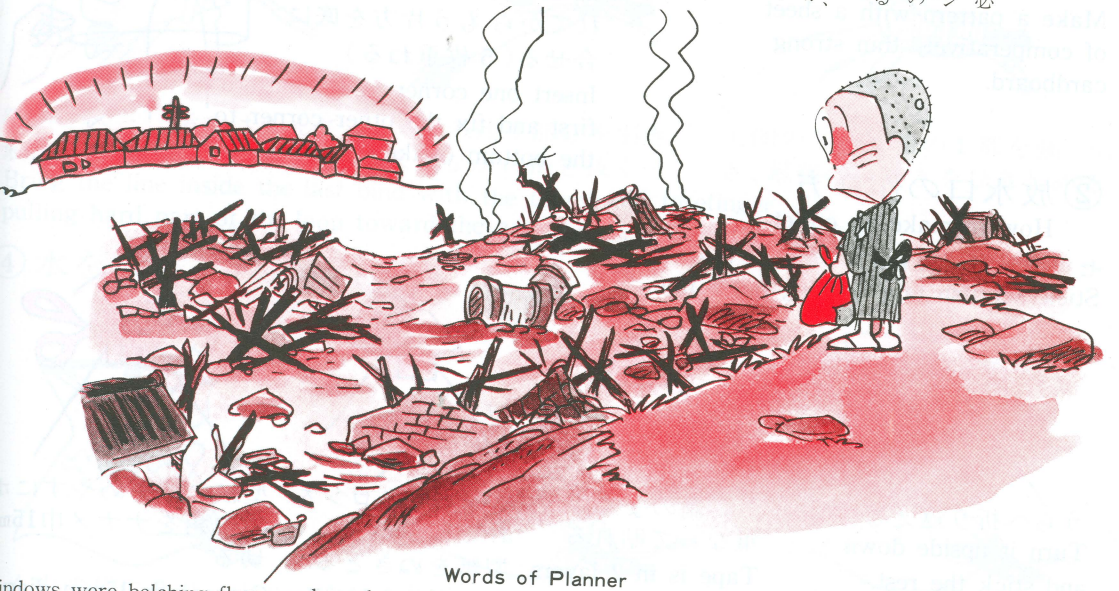
窓という窓から激しく噴き出す炎と煙。屋上で必死に助けを求める人たち。私たちはホテルニュージャパンの火災や百人以上もの犠牲者を出した大阪の千日ビル、熊本の大洋デパートなどの惨事を忘れることはできません。

関東大震災では十三万人に上った死亡者の大半が、地震のあとに起こった火災による犠牲者でした。つまり地震災害の大小は火災の発生如何にかかっていると言っても良いでしょう。火災といえば皆さんはすぐに消防機関などを頼りにしがちですが、火災が同時に多発し、家屋や橋が倒壊する大地震のもとでは、消防署をはじめとする行政機関にすべてを期待する方が無理というものです。これまでの地震災害を見てきますと、どうも自分の身は自分で守るということを、個人個人がもうすこし真剣に考えてみなければいけないのではないかというのが私の結論です。

私は関東大震災以来、各分野の専門家の方々にも指導していただきながら「火災や震災から身を守る具体的な方法」を考えてきました。ご家族の皆さん方と、「今、ここで火災にあったら」、「第二の関東大震災が来たら」等々話し合われる時に、参考にしていただけたら幸せです。

●籏野次郎さんの略歴

明治四十四年、東京下谷に生まれる。小学校六年生の時に関東大震災に遭遇。以来、仕事のかたわら「避難研究」に没頭。十余年前、私費を投じて「避難研究所」を設立。昭和五十六年四月に財団法人・市民防災研究所に改組。ユニークな避難方法を次々と考え出している他、消防機関や会社、団地を回っての講演は年に六百回を超す。



Words of Planner

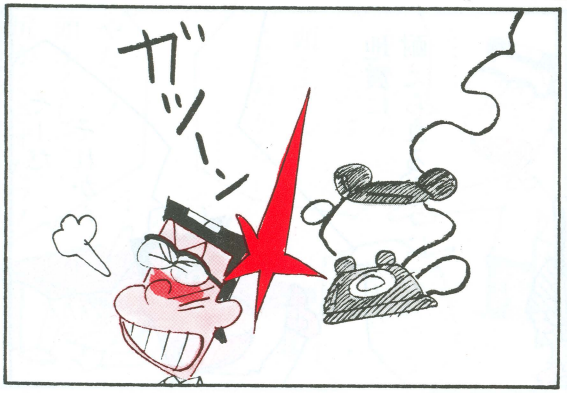
indows were belching flame and smoke and people were desperately calling for help. We can never
rget the tragic Hotel New Japan fire and the fires in Sennichimae Building in Osaka and Taiyo Department
ore in Kumamoto that each claimed more than one hundred lives.
At the time of the Great Kanto Earthquake in 1923, most of the 130,000 deaths were caused by fires
t broke out as a result of the earthquake.
can be said that the extent of loss by an esrthquake depends on whether or not fires occur after the quake.
People are apt to depend entirely on the fire department in case of fire.
wever; in case of a major earthquake, when firesoccur simultaneously and many buildings and bridges
down, it is unreasonable to expect everything from the fire department and other government agencies.
Having studied earthquake disasters in the past, I arrived at a conclusion that each
l everyone should consider more seriously how to protect himself.
ince the Great Kant Earthquake, I have been studying "concrete measures of self-protection from fire
earthquake" under the guidance of specialists in various fields.
shall be happy if you refer to my studies when you have a family discussion on
ould a fire break out here now","Should a 2nd Great Kanto Earthquake hit now" and other emergencies.

Jiro Hatano Director SBK Research Institute

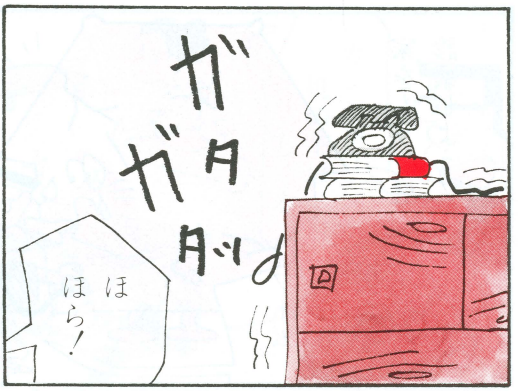
rsonal History of Mr.Jiro Hatano

rn at Shitaya, Tokyo in 1911, he experienced the Great Kanto Earthquake as a 6th grade primary schoolboy.
e then, he has been absorbed in the studies of"evacuation methods" besides his ordinary work. Around 1967,
stablished "the Research Institute of Evacuation Methods" at his own expenses. While contriving many new and
e evacuation methods one after another, he gives lectures at fire stations, industries and housing complexes more
600 times a year. In April, 1981 the Research Institute of Evacuation Methods was reorganized to the SBK Research
ute.

《地震篇》 IN CASE OF AN EARTHQUAKE

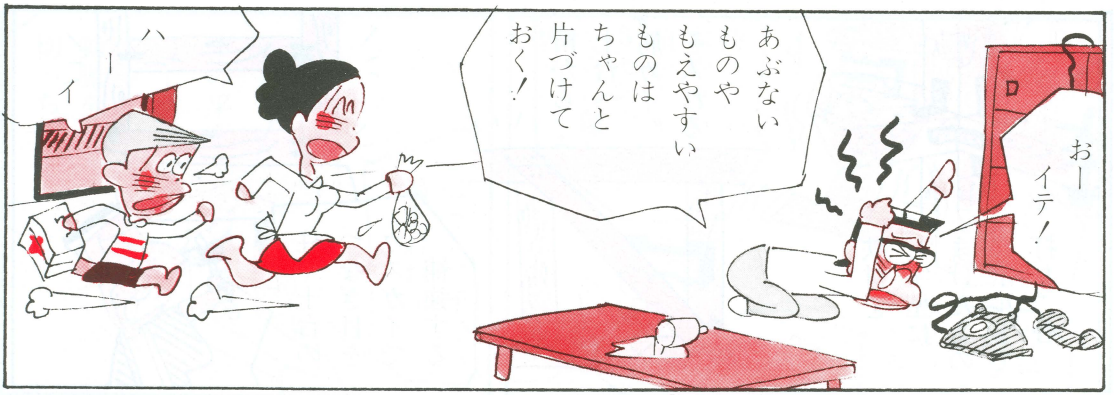


Crash!

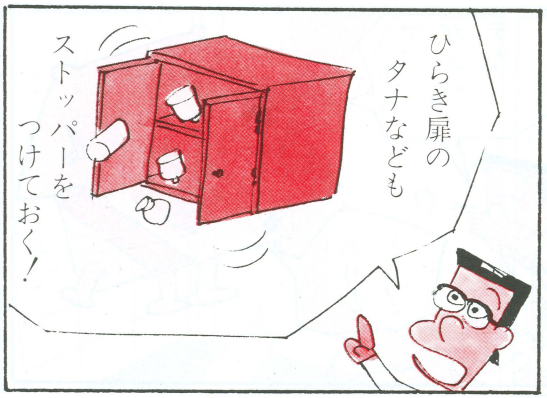


Rattle, rattle

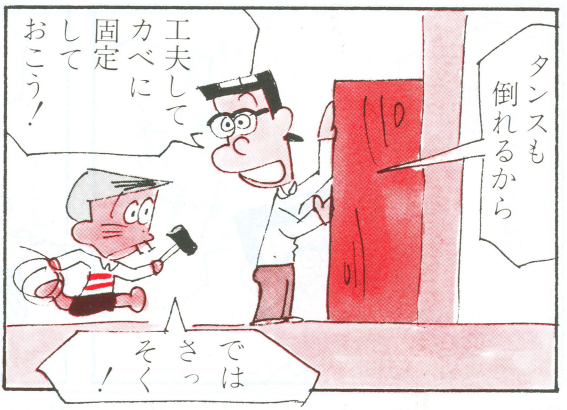
You see?



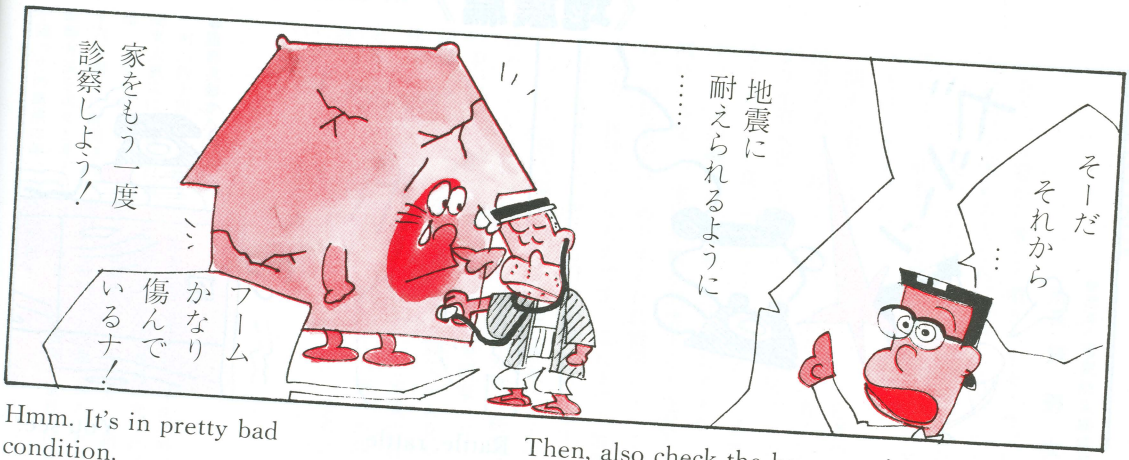
Ouch! Keep dangerous things and combustibles tidy!
OK.



Attach stoppers to the shelves of the cupboard with hinged doors.

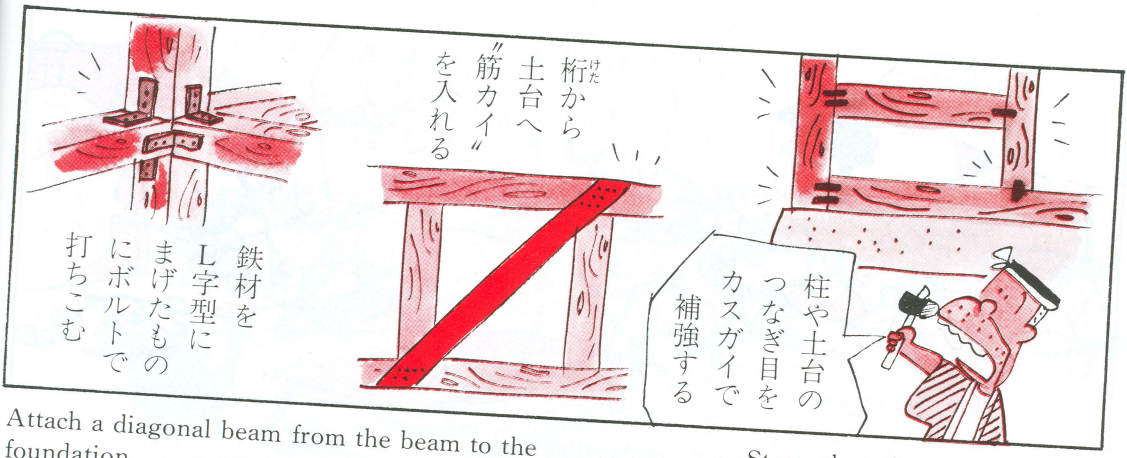


Let's fix the chest of drawers somehow so it won't topple.
Let's do it right away!



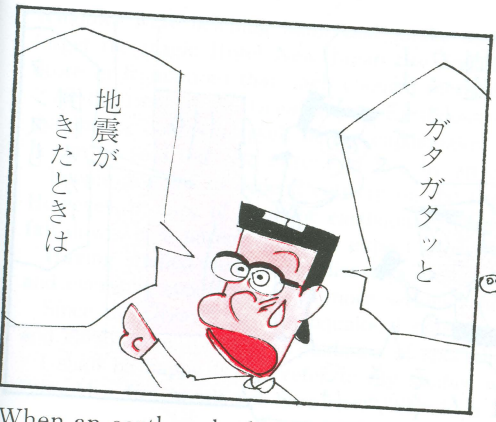
Hmm. It's in pretty bad condition.

Then, also check the house again to see if it can stand another earther earthquake !

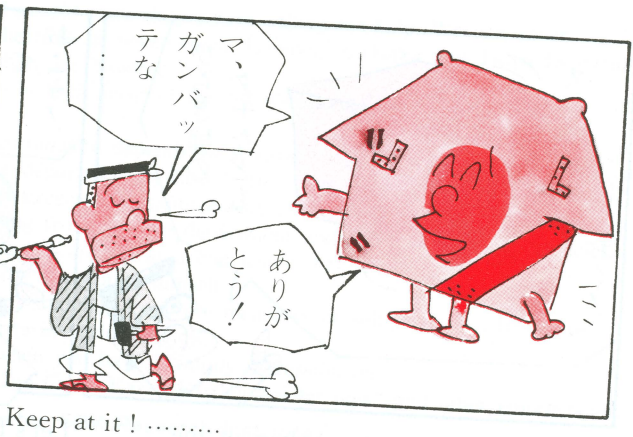


Attach a diagonal beam from the beam to the foundation.
Fix L-shaped steel fittings with bolts.

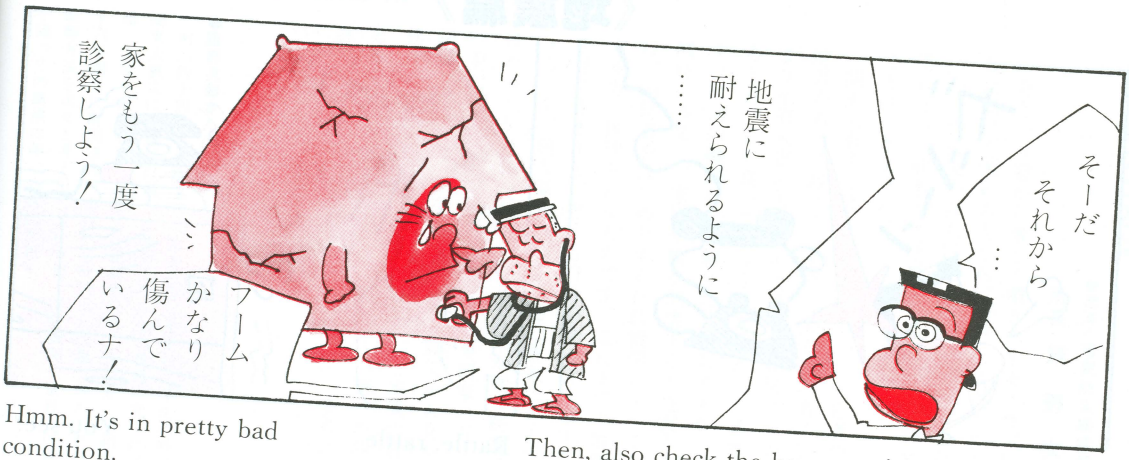
Strengthen the joints of the columns and foundations with clamps.



When an earthquake hits and everthing rattles, ……

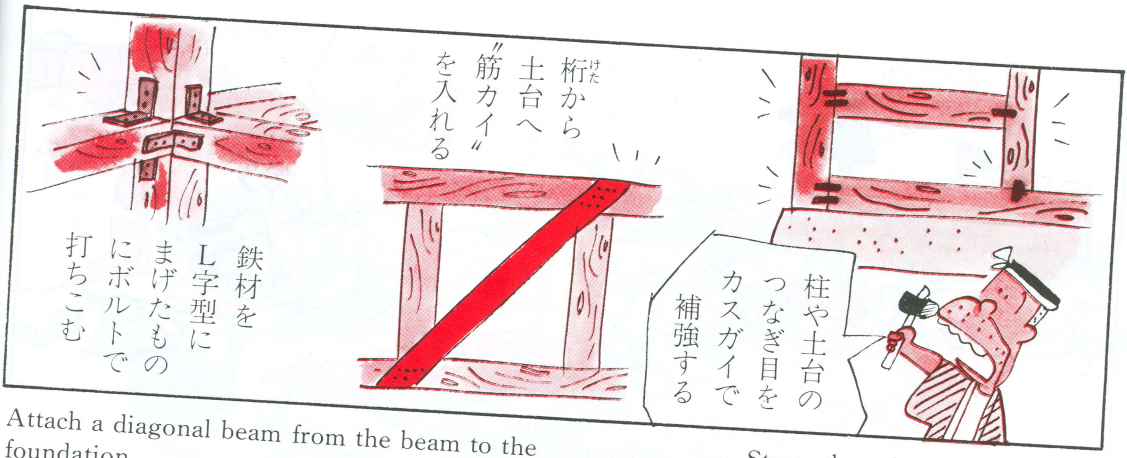


Keep at it ! ……
Thank you !



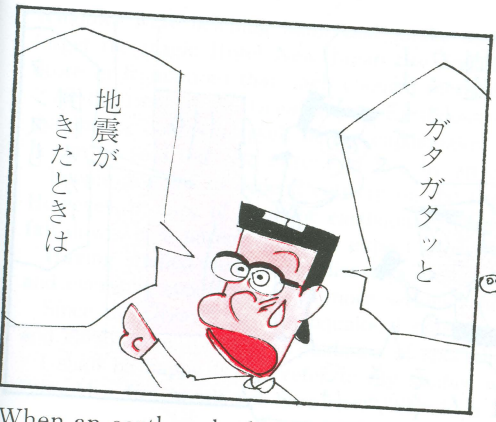
Hmm. It's in pretty bad condition.

Then, also check the house again to see if it can stand another earther earthquake !

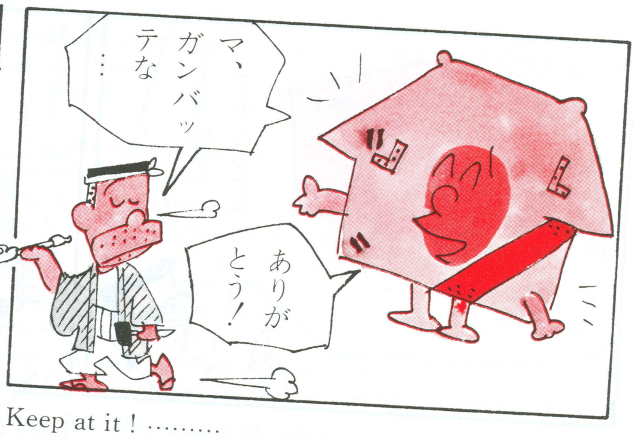


Attach a diagonal beam from the beam to the foundation.
Fix L-shaped steel fittings with bolts.

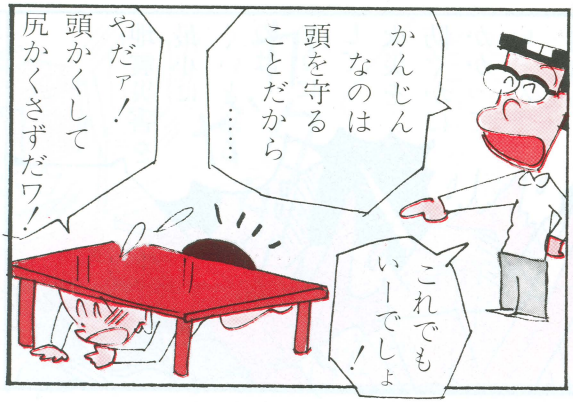
Strengthen the joints of the columns and foundations with clamps.



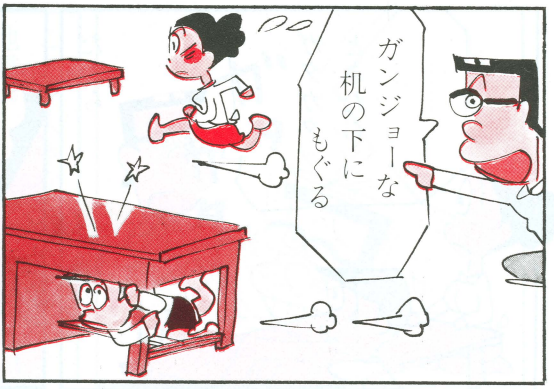
When an earthquake hits and everthing rattles, ……



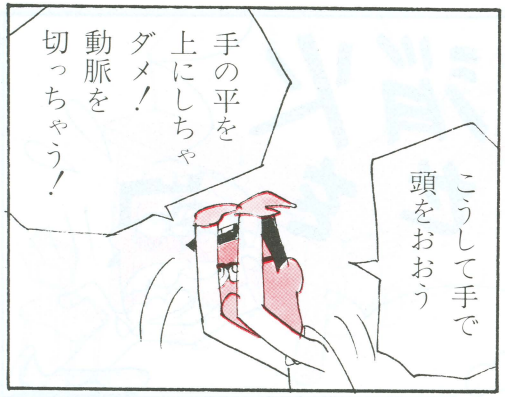
Keep at it ! ……
Thank you !



But it's like burying one's head in the sand like an ostrich.
That's OK, because the important thing is to protect your head.

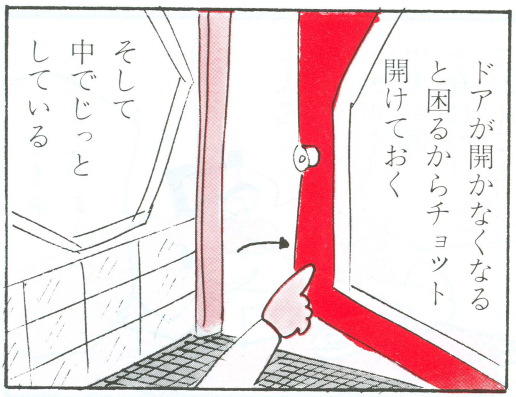


Crawl under a strong desk.



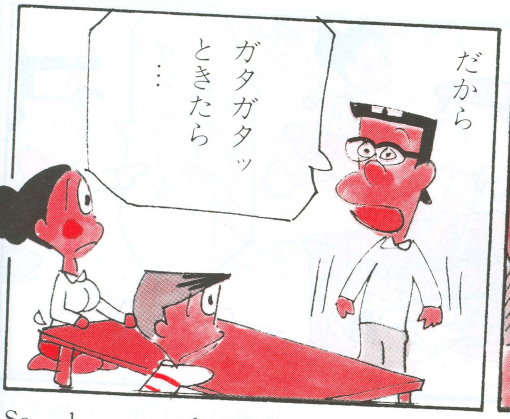
Place both hands on your head with palms down, like this.
With your palms up, you might cut your arteries.

When you are out of doors, use your books or bag. Cover your head with a book or a bag, leaving a clearence of about 5 cm.
And what if you have nothing with you ?

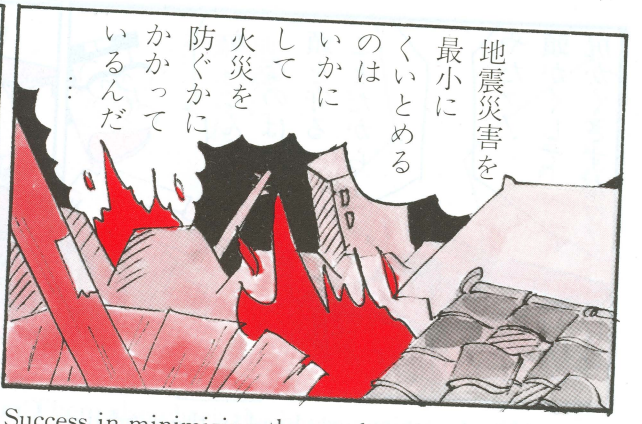


Keep the door open a little lest it should get stuck.
And stay calm inside.

Rattle, rattle
If you are in the toilet when an earthquake hits, don't rush out in confusion.

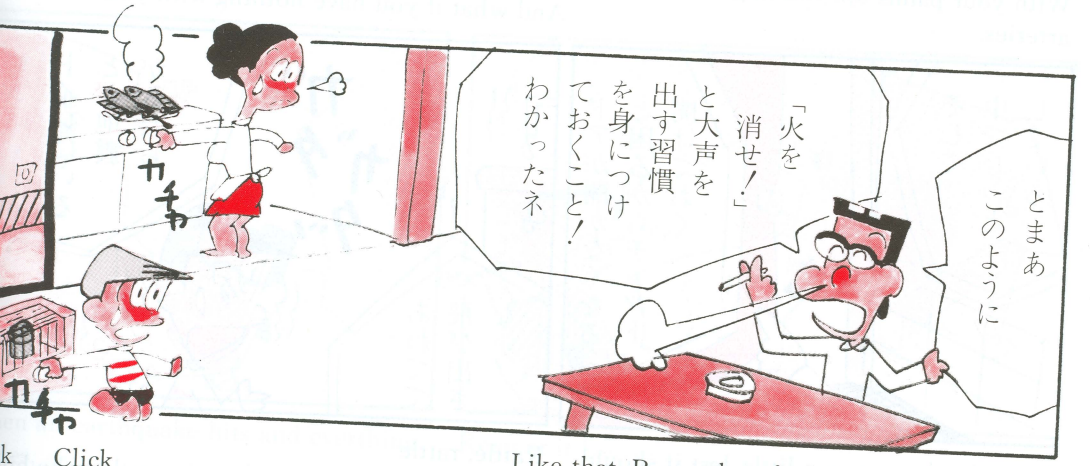


So, when everything begins to rattle,



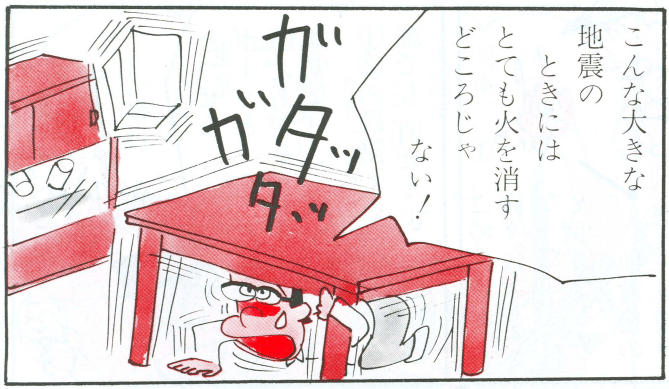
Success in minimizing the earthquake disaster depends on effectively suppressing fires.

urn off all stoves !!

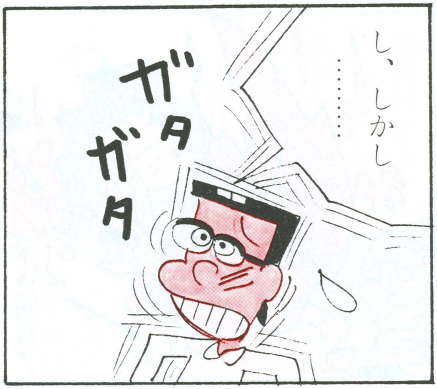


k Click

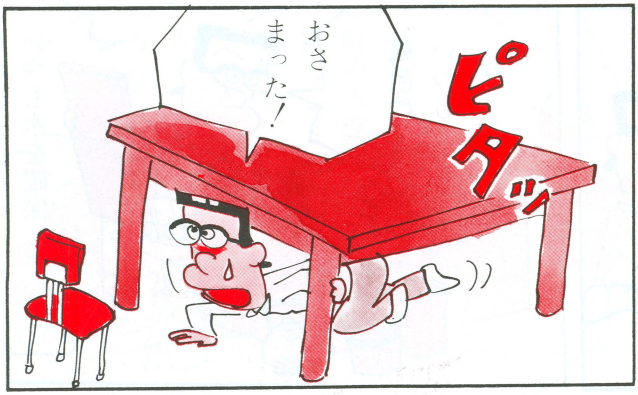
Like that. Remember: from the habit of crying "Turn off the stoves !" in a loud voice.



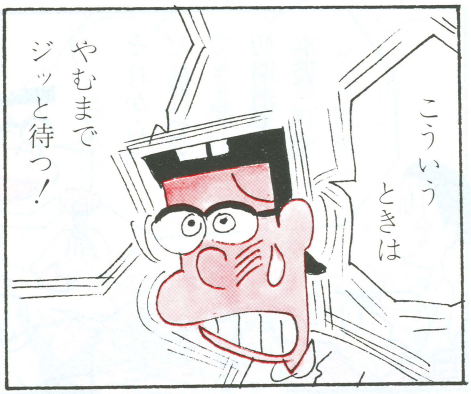
It's quite impossible to turn off stoves in case of such a large earthquake.
Rattle, rattle



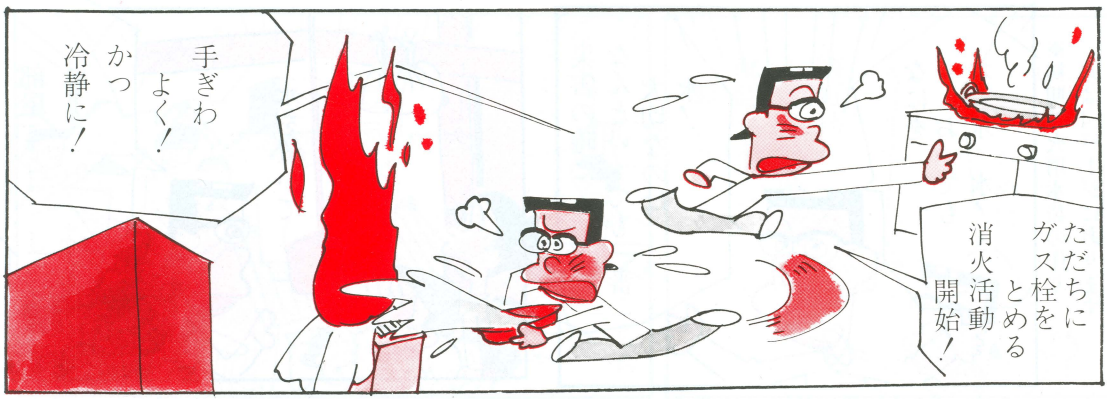
How. . . ever. . . Rattle, rattle



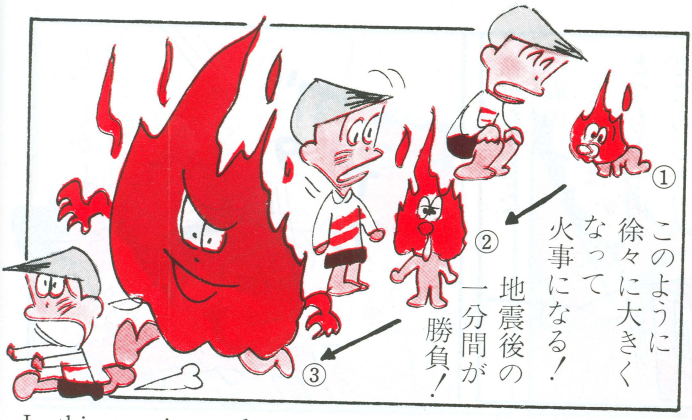
It's subsided ! Suddenly



In such cases, wait calmly until it subsides.

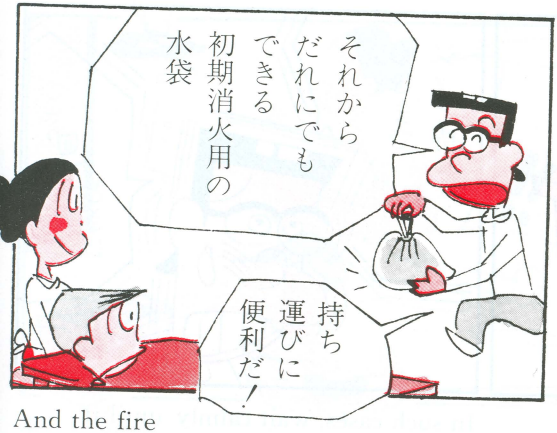


Shut off the gas immediately. Start extinguishing the fire ! Effectively ! And calmly !

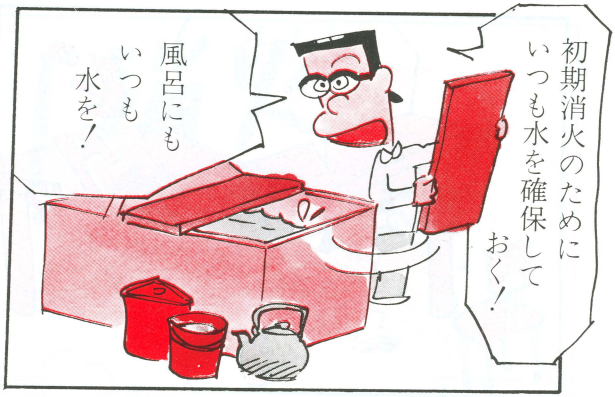


In this way it gets **bigger** and bigger to become a real fire !

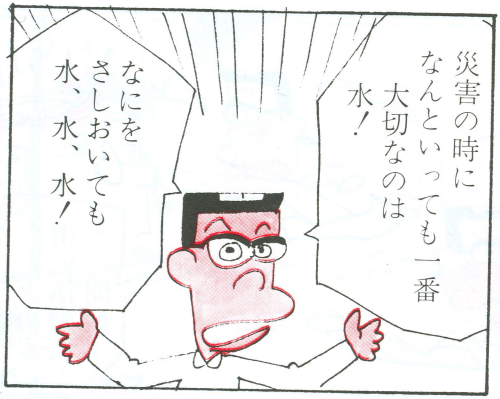
Fire seldom flares up all of a sudden ! In the early stages, anybody can extinguish it.



And the fire extinguishing bag. It's handy.

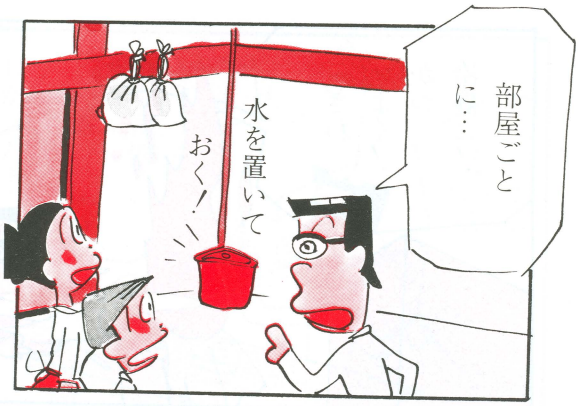


Always keep water for firefighting. Keep the bathtub full of water.



※初期消火用水袋の作り方は14ページにあります。

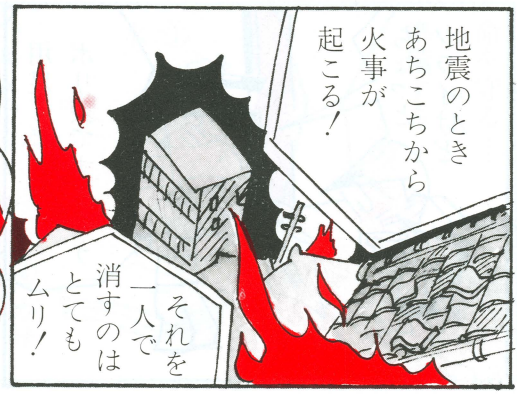
After all the most important thing in time of a disaster is water ! Always water, water and water !



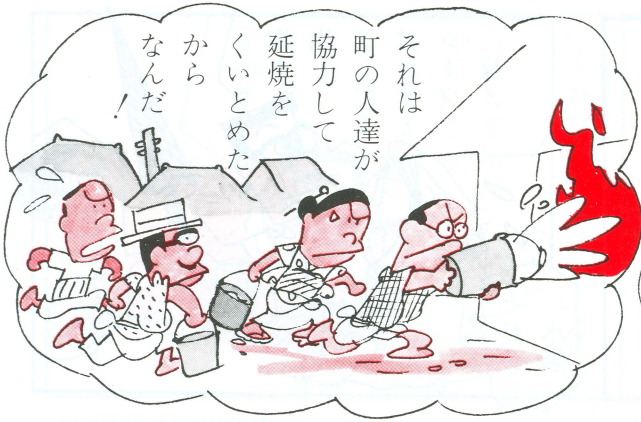
Keep water in every room.

"How to make a firefighting water bag" is shown on page 14.

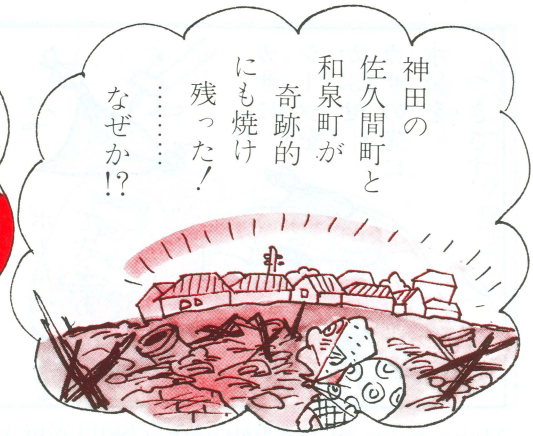
In downtown Tokyo which was completely reduced to ashes following the Great Kanto Earthquake. . . .



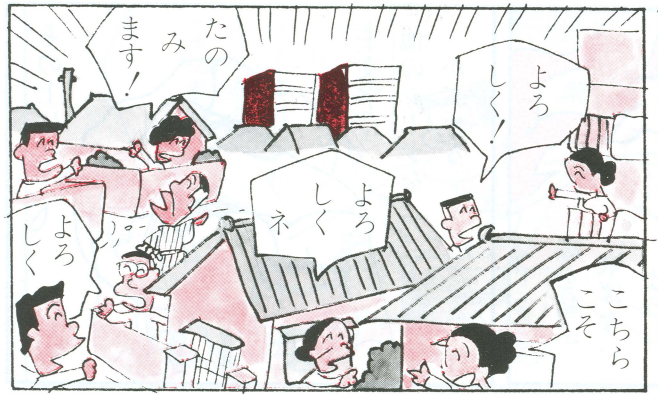
In time of an earthquake fires occur here and there. It's impossible for one person to extinguish them all.



That was because the local people cooperated in checking the spread of the fires !



Sakuma-cho and Izumi-cho in Kanda miraculously escaped a fire ! Why ! ?

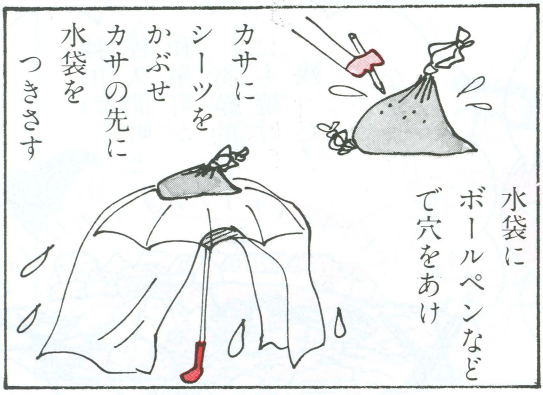


Assist us. Remember us !
Remember us, will you?
Same here !

Therefore, arrange to cooperate with your neighbors in case of emergency.

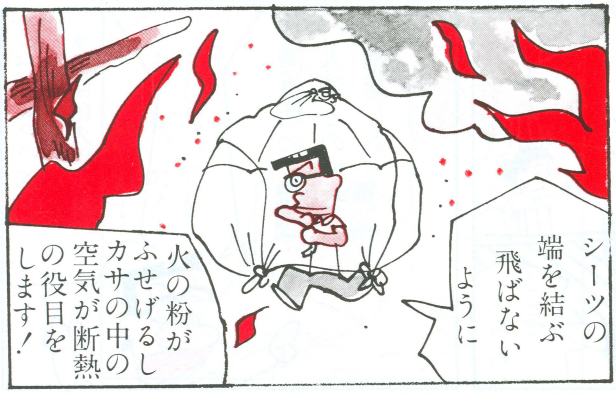
It's not very nice,
but. . . Urinate in the plastic bag.

Also, the water supply will naturally be stopped.
Then the water in the toilet, too, becomes precious.
Even the small tank contains 9 liters of water ;
valuable in time of need.

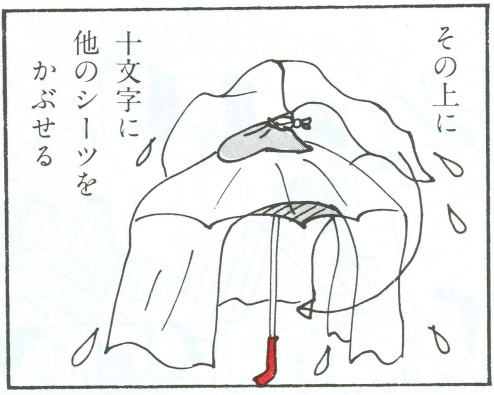


Make holes in the bag with a ball-point pen
or a similar object.
Cover the umbrella with a bed sheet and pierce
the water bag with the tip of the umbrella.

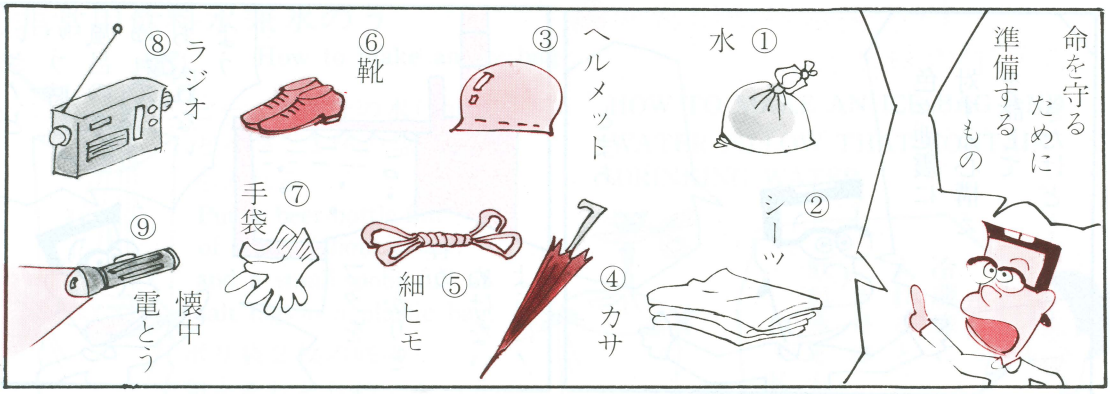
Take an umbrella, 2 wet bed sheets,
and a fire extinguishing bag !



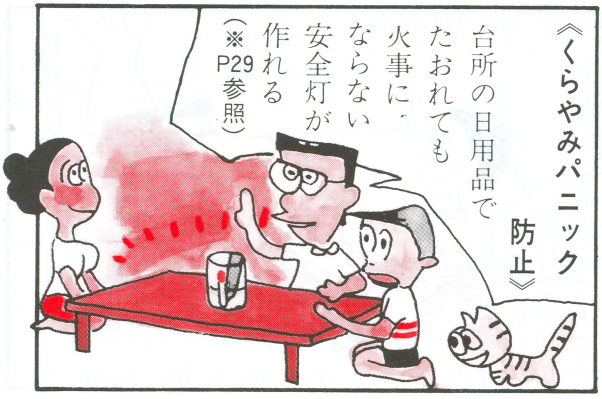
Tie the ends of the sheets so that they will not
fly up.
It protects you from sparks, and the air
under the umbrella acts as a nonconductor of heat.



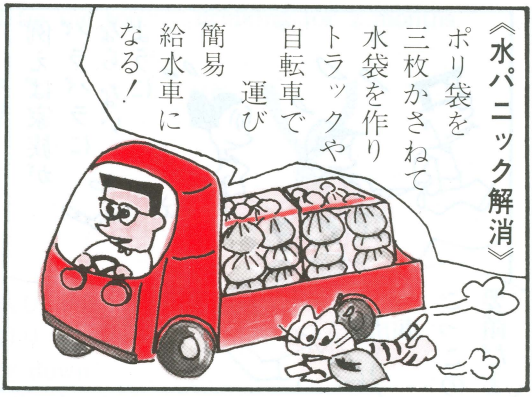
Place the other bed sheet over
it crosswise !



Other things to prepare for fire evacuation are: First, things necessary for survival—(1) water, (2) bed sheets, (3) a helmet (or fire-protective hood), (4) an umbrella, (5) a piece of string, (6) a pair of shoes, (7) a pair of gloves, (8) a portable radio and (9) a flashlight.

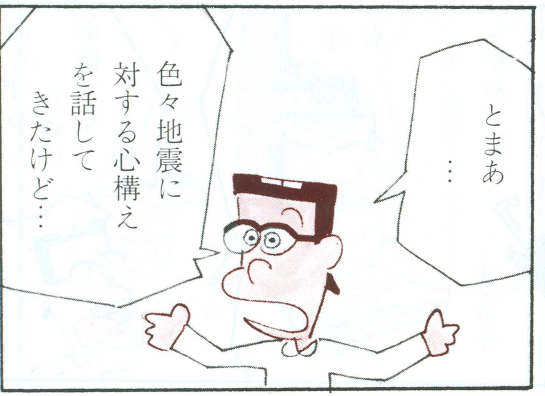


AVERT DARKNESS.
A safety lamp can be made with kitchen supplies. (Refer to page 29)

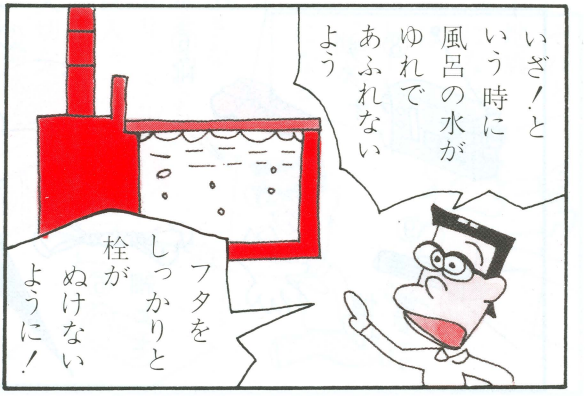


AVERT WATER SHORTAGE.
Put 3 plastic bags one over another to make a water bag. A bicycle or truck carrying such bags is a water supplier!

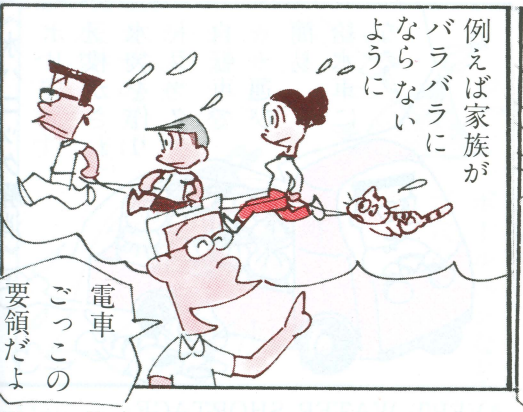
AVERT FOOD SHORTAGE.
Rice can be cooked with daily supplies! If you pleasantly learn this method of rice-cooking in camps and other times, it will be helpful in case of an emergency!
Five days' rice for 4 persons can be cooked with 1 kg of salad oil! (Refer to page 28)



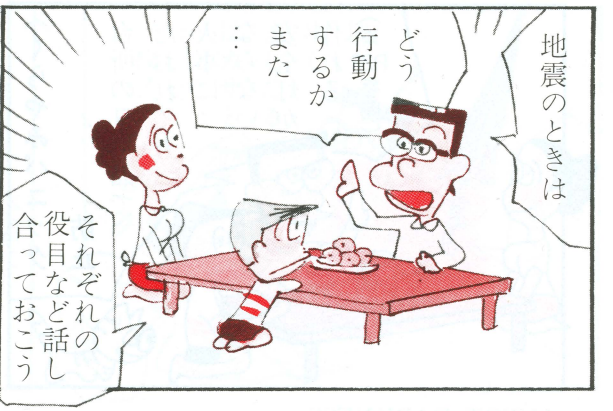
Until now, we have discussed how to cope with various earthquake situations.



Keep the bathtub firly covered so that the water may not slosh over by quakes. Secure the plug!



First, all the family members must stay together.
It's like playing "street cars."



Discuss beforehand among the family what to do and the part each person has to take in case of an earthquake.

A bag like this will also serve as an ice bag. (Refer to page 27)

You can live on this temporary water for 14 or 15 days. That's why I am preparing the emergency drinking water!

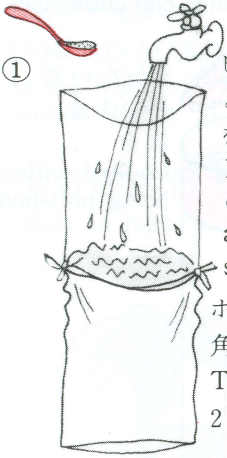
①非常用飲料水兼氷のう

How to make an ice bag

■非常用飲料水兼氷のうと水枕の作り方

HOW TO MAKE AN ICE BAG AND WATER PILLOW THAT CONTAIN DRINKING WATER

①



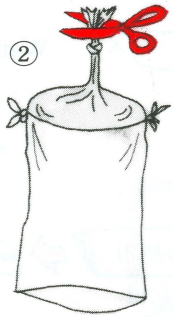
ビール1本分の水(約600mℓ)と小さじ1杯の塩(3g)を入れる

Put a beer-bottle-full of water (about 600mℓ) and a small-spoon-full of salt (3g) in a plastic bag.

ポリ袋2枚の底の角をそれぞれ結ぶ

Tie the bottom ends of 2 plastic bags.

②

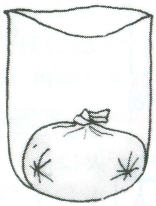


空気をぬいて上部を結ぶ！

Exhaust the air and tie the top.

If kept in refrigerator, the water is good for drinking for 2 months.

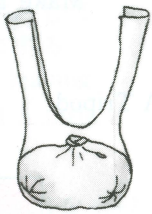
③



もう1枚のポリ袋を裏返して水袋を内側に入れる

Turn inside out of another plastic bag and put the water bag in it.

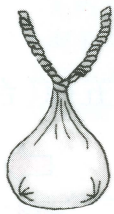
④



ポリ袋を水袋の結び目当りまでタテに切り

Cut the plastic bag down vertically till near the knot.

⑤



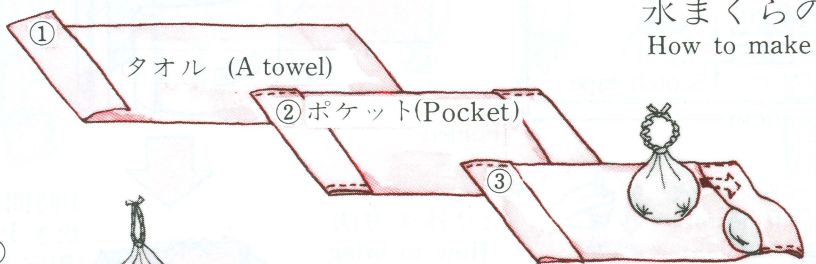
とってを作る

Make a handle.

②水まくら Water pillow

水まくらの作り方

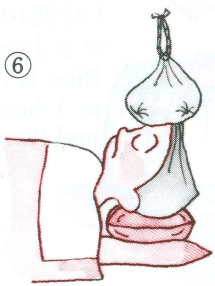
How to make a water pillow



氷のうを2つ入れ

Insert 2 ice bags.

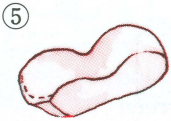
⑥



氷のうと水枕

Ice bags and water pillow.

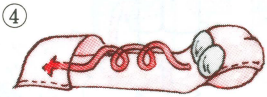
⑤



出来上り

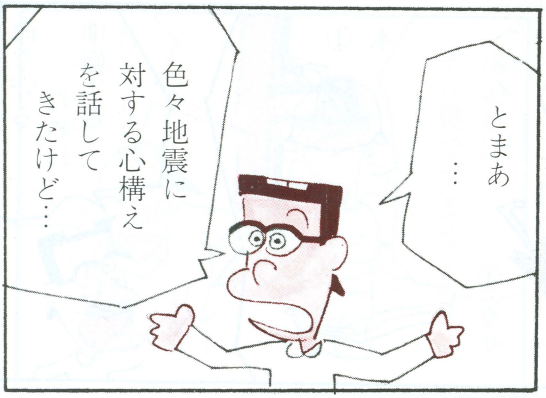
Finished.

④

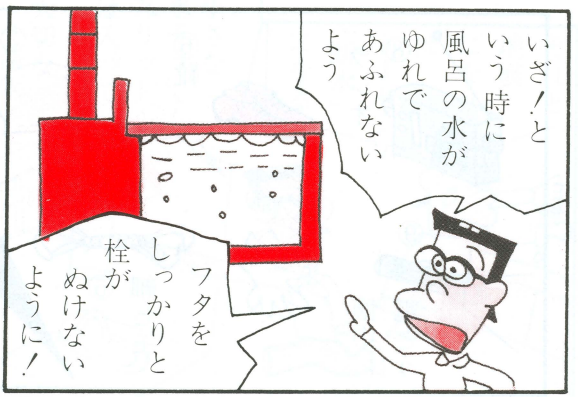


もう一方のポケットに入れこむ

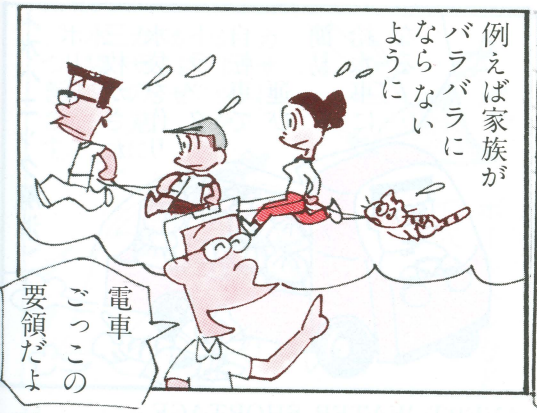
Put them in the other pocket.



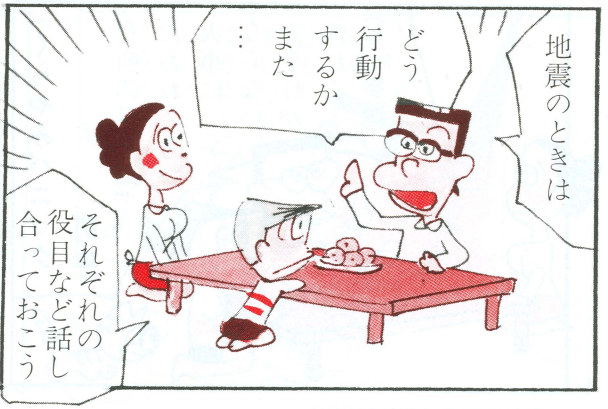
Until now, we have discussed how to cope with various earthquake situations.



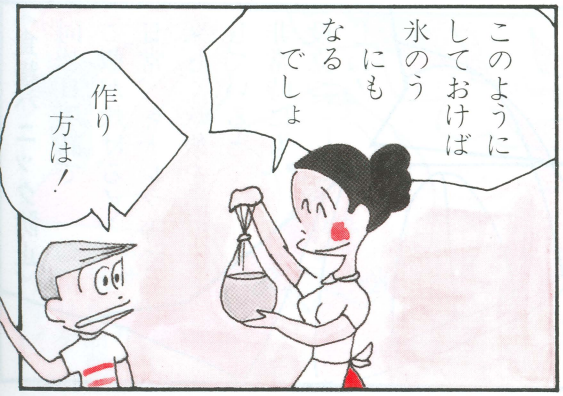
Keep the bathtub firly covered so that the water may not slosh over by quakes. Secure the plug!



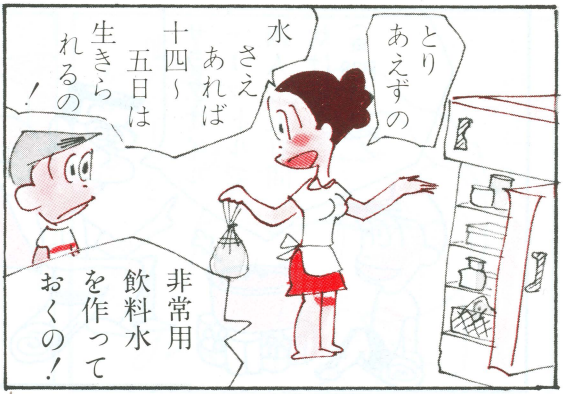
First, all the family members must stay together.
It's like playing "street cars."



Discuss beforehand among the family what to do and the part each person has to take in case of an earthquake.



A bag like this will also serve as an ice bag. (Refer to page 27)



You can live on this temporary water for 14 or 15 days. That's why I am preparing the emergency drinking water!

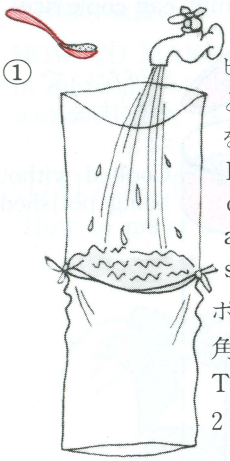
①非常用飲料水兼氷のう

How to make an ice bag

■非常用飲料水兼氷のうと水枕の作り方

HOW TO MAKE AN ICE BAG AND WATER PILLOW THAT CONTAIN DRINKING WATER

①



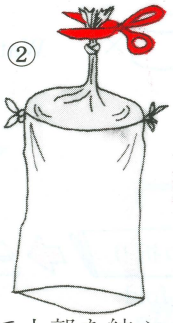
ビール1本分の水(約600mℓ)と小さじ1杯の塩(3g)を入れる

Put a beer-bottle-full of water (about 600mℓ) and a small-spoon-full of salt (3g) in a plastic bag.

ポリ袋2枚の底の角をそれぞれ結ぶ

Tie the bottom ends of 2 plastic bags.

②

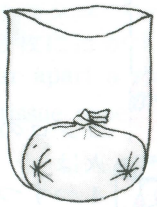


空気をぬいて上部を結ぶ！

Exhaust the air and tie the top.

If kept in refrigerator, the water is good for drinking for 2 months.

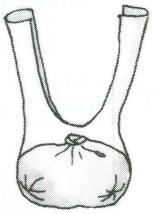
③



もう1枚のポリ袋を裏返して水袋を内側に入れる

Turn inside out of another plastic bag and put the water bag in it.

④



ポリ袋を水袋の結び目当りまでタテに切り

Cut the plastic bag down vertically till near the knot.

⑤

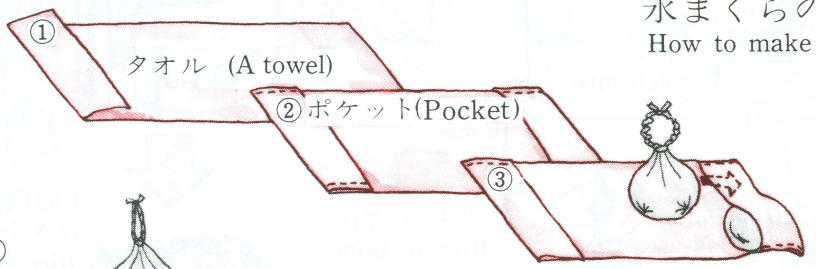
とってを作る

Make a handle.

②水まくら Water pillow

水まくらの作り方

How to make a water pillow



氷のうを2つ入れ

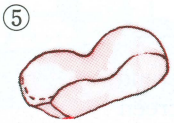
Insert 2 ice bags.

⑥

氷のうと水枕

Ice bags and water pillow.

⑤



出来上り

Finished.

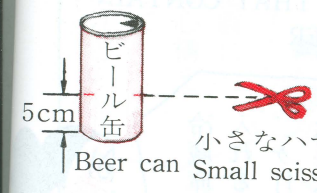
④

もう一方のポケットに入れこむ

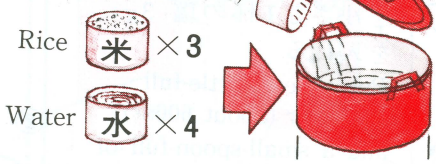
Put them in the other pocket.

ご飯がおいしく炊けます（一軒一軒でご飯が炊けると食糧パニックが少なくなります）
DELICIOUS RICE CAN BE COOKED (Food panic can be eliminated if each family can cook rice)

①計量カップ A Measure

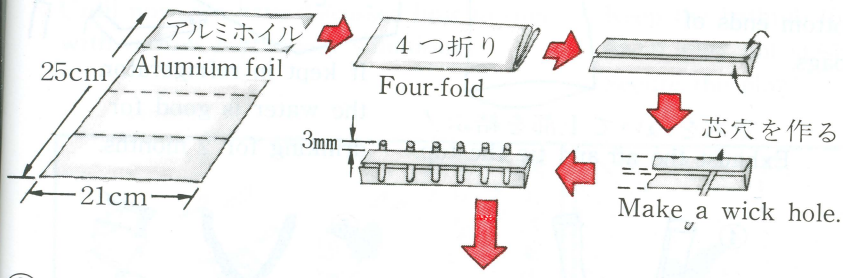


〔3人分の例〕(Rice for3)

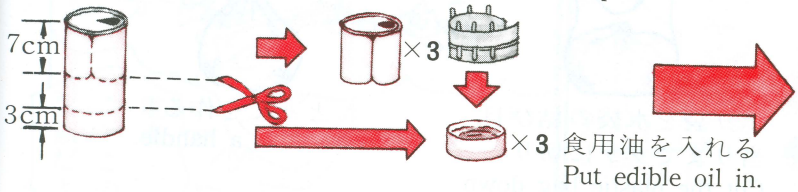


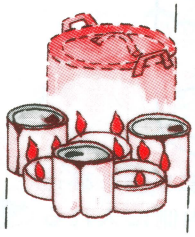
とがないで
そのまま
炊く
Cooked without being polished

②芯立て A Wick stand



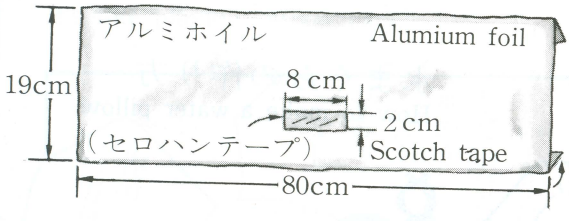
③コンロと五徳（台） A Burner and A Tripod

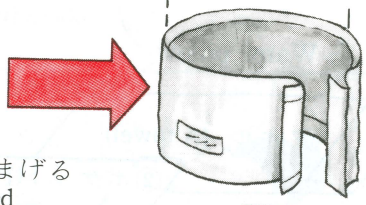




コンロの
火は
4つずつ
4wicks in
each burner

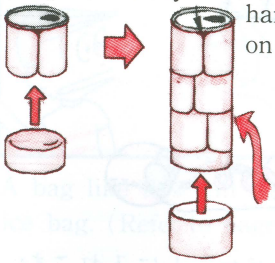
④風よけ A Windscreen





折りまげる
Folded

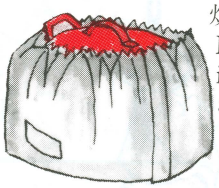
※しまい方
How to put it away



かべかけの穴
Hole for handing on wall

マッチ Match
芯立て Wick stand
風よけ Windscreen

※手を切らずに
とり外す方法
How to bring it out without cutting a hand



1時間10分で
炊き上がり
Rice is done in 1 hour and 10 min

大きさのおぼえ方
How to remember the sizes

七cm：五徳（台）	Tripod 7cm
五cm：計量カップ	Measure 5cm
三cm：コンロ	Burner 3cm

■たおれても火災にならない安全灯の作り方

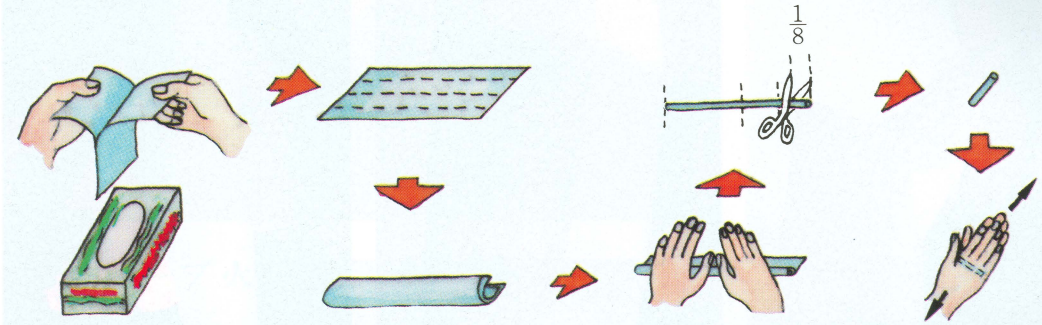
宮城県沖地震の後　停電になり　灯りがなく多くの人が困りました　家の中に有るものだけで作れます

HOW TO MAKE A SAFETY LAMP THAT DOES NOT CAUSE A FIRE EVEN IF IT FALLS

In the wake of the Miyagi Offing earthquake, electric supply stopped and people had trouble without lights. A lamp can be made with things that are found at home

①灯芯の作り方

How to make a wick



ティッシュペーパーを２枚にはがす
Tear apart a sheet of tissue paper.

端を少しずらして４つ折りにする
Fourfold it leaving out the end a little.

軽くころがしながら丸める
Roll it softly.

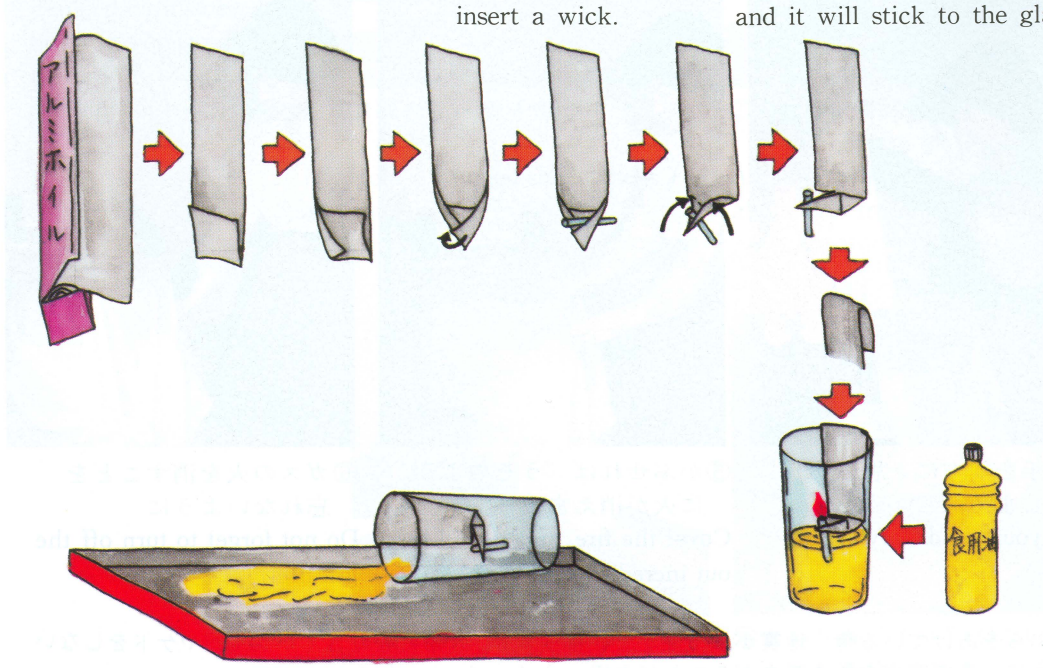
丸めたりない時は両手で
If not complete roll it with both hands.

②芯ささえの作り方

How to make a wick holder

穴をあけ芯を差しこむ
Open a hole and insert a wick.

ウラ側に油をぬるとピタッと容器に密着
Spread oil on the outside, and it will stick to the glass.



たおれても油がこぼれるだけで火災にはなりません
If the glass falls the oil leaks, but it does not cause a fire.

■ぬれ布の効果　天ぷら油が過熱、燃えだしたら

ぬらしておく布は、木綿で約1m50cm角、大きいことがコツです

A wet sheet is effective：If a frying pan catches fire

If oil in a frying pan ignites, wet an about 1 m 50cm square cloth.

The knack is to use a large one.

①この布を　素早くひろげ

Stretch quickly a wet sheet.

②顔より高く持ちあげます　ぬらした布は　火がすけてみえます

Hold it above your face, and you can see fire through it.

③そのまま　ガス台に当るまで前へ進みます

In that way, advance toward the gas range until you come to it.

④両手を前方に　思い切り出します

Jerk your hands forward.

⑤かぶせれば　うそのように火が消えます

Cover the fire, and it will be out incredibly.

⑥ガスの火を消すことを忘れないように

Do not forget to turn off the gas fire.

※天ぷらをあげている時　地震が来て油がとびちっても　火事になりにくいので　ヤケドをしないように　まず安全な所までさがることが大切

Since a fire seldom starts even if oil flies about when an earthquake occurs while you are frying Tempura, it is important to step back first of all to a safe place so that you will not get burnt.

■同じ布で

例えば　玄関先が燃えていても身体を守って通り抜けられます

For instance, even if the entrance hall is burning, you can go through the fire protecting yourself with the same cloth.

■ストーブ火災も消火

ストーブの上に服が落ちて燃えても《地震》がおさまってから　充分消せます

Effective on a heater fire Cover the fire with a wet bed sheet to put out fire. Even if a dress has dropped on a stove and is burning, you can easily extinguish fire after the earthquake has subsided.

①ぬれシーツを顔より上にあげます

Hold a wet bed sheet above your face.

②ぬれシーツの下を5㎝位踏んで前へ進みます

Aduance while stepping on about 5㎝ from bottom

③思い切り手をつき出す

Jerk your hands forward.

④まわりが〝モレ〟がないようにします

See to it that it is completely covered.

※11ページをご参照下さい
refer to page 11

このパンフレットの内容は
より充実をめざし　ずい時
変更することがあります

Contents of this pamphlet are subject to a change for completeness as required.

財団法人 市民防災研究所

（SBK）

東京都江東区大島4－5－14〒136
でんわ 03－3682－1090

SBK Research Institute
5-14 Oshima 4 chome
Koto ku, Tokyo 〒136
Phone (03)3682-1090

案　旗野次郎
絵　クニ・トシロウ
写真　保科孝次
監修　東京消防庁生活安全課
発行　財団法人東京消防協会
東京都千代田区大手町1- 3- 5 〒100
TEL(03) 3212－4013
制作　東京消防編集室
印刷　大盛印刷株式会社

Planning : Jiro Hatano
Cartoons : Toshiro Kuni
Photgraph : Koji Hoshina
Supervision : Living Safety Section
Tokyo Fire Department
Published by : Tokyo Firemen's Association
3-5 Otemachi 1 chome
Chiyoda ku, Tokyo 〒100
Phone (03) 3212-4013

この「新まんが避難学入門」や「防煙フード」を購入御希望の方は
都内の方は(財)東京消防協会　電話03(3212)4013
都外の方は(財)市民防災研究所　電話03(3682)1090

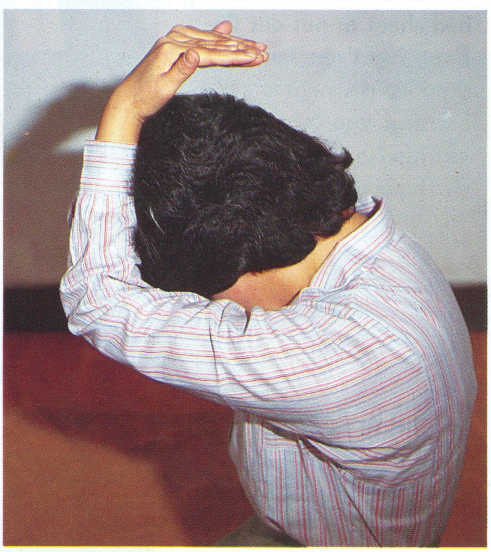
※地震がきたら……

SHOULD AN EARTHQUAKE OCCUR····

■ 火を消せ！

と　思い切りさけびましょう　自分も
ハッ！と我にかえり　まわりの人も最初
になすべきことが判ります

When it comes rattling, raise a hand upright and shout "Turn off fires!!" as loudly as possible. You will come to yourself with a start, and people around you will know what to do first of all.



■ 頭をカバー！

先ず　頭を守ります　頭と手の間を5cm
程あけると　クッションの役目を果します

In case of the earthquake is so strong that you cannot raise your hands upright, protect your head first. If you leave about 5 cm between your head and hands, the space will serve as a cushion.

※19～20ページをご参照下さい
refer to page 19～to 20